



# THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

## MIAMI COUNTY CHAPTER NO. 1870

June 2019 NEWSLETTER Vol. 30 No.5

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".  
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### *A Father Speaks: Where are all the Butterflies?*

Driving to work with the radio on, I sit next to a fellow coworker and friend in the passenger seat. It's early in the morning and conversation is light. A song reminds me of Jesse, my deceased son, so I tell a story about Jess. A cloud of silence and dread fills the car. My friend shifts his position and I can feel how uncomfortable he is. I swallow the memories of Jesse and switch the conversation to last night's ball game.

Sound familiar? It's painful to your friends to hear about your deceased child and it's painful for you to silence your memories too. Certain studies claim that women are social beings and are more able to communicate their emotions than are men. These same studies state that men are mostly competitive and tend to hide their negative emotions, such as sadness or grief, especially from other men.

Does that mean that men have less need to deal with their emotions? I don't think so. From personal experiences and experiences of other men whom I have known, **grief is one emotion that demands relief.** Without grief recovery, grief can become a destructive force that, at some point, can consume your physical as well as your mental and spiritual health.

Bereavement support groups remind us that we need not walk alone. From a man's viewpoint, I think our support group's monthly gatherings offer an important avenue for men to work through the grief recovery process. Other doors are often shut to men who need to discuss their anger, guilt, sadness and even happy memories concerning their deceased children. Let's talk with and listen to each other.

~Jim Hobbs, BP/USA (Bereaved Parents USA) of North Texas

### **June Meeting – Jun 27, 2019** **7:00pm**

**Topic:** Signs: presented by Don Fortener

#### **June Refreshments**

Roberta & John Stekli (Memory of Jessica)

#### **Thank you for May Refreshments**

Jonnie Shoemaker (Memory of Justin)

Kim Bundy (Memory of Randy)

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.

**Next Meeting: No July regular meeting**  
**July 25th– Butterfly Release & Annual Picnic**  
**6:00pm, Nashville UCC Picnic Grounds**



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**FATHER'S DAY-JUNE 16<sup>th</sup>**

REMEMBER THE FATHERS WHOSE  
CHILDREN ARE GONE, BECAUSE ALL TOO  
OFTEN THEY GRIEVE IN HEARTBREAKING  
SILENCE.



**Mark Your Calendars & Reserve a Butterfly for Your Child!**

**Butterfly Release & Annual Picnic  
July 25, 2018**

**6:00pm**

**Nashville UCC Picnic Grounds**

*Come join us for a peaceful evening picnic and butterfly release. Everyone is welcome including family and friends. Look for the balloons marking the gravel drive that will take you back to the picnic area located a short distance west of the church, on the north side of St. Rt. 571. We'll be using the covered shelter which has plenty of picnic tables and benches. For comfort, you may want to bring along folding chairs so you can sit under the trees where it might be cooler.*

*We provide plates, napkins, dinnerware, condiments, cups, drinks, ice and a variety of meat selections. Please bring a salad, vegetable, fruit dish, or a dessert to share with the group and include a serving utensil.-- Don't forget to bring your child's picture for the photo table.*

**The order for the butterflies need to be submitted by July 7th. Please RSVP to Barb Lawrence (937) 836-5939 or email [barb.lawrence1961@gmail.com](mailto:barb.lawrence1961@gmail.com)**

*(Please provide your child's name, your name, phone number, and the number attending for this child.)*

*For those that would like to continue with our traditional balloon release, you are most welcome to bring your own balloon and send it up to heaven with your messages after the butterflies are released.*



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**National Compassionate Friends Conference. Philadelphia, PA**

**July 19<sup>th</sup> – July 21<sup>st</sup>, 2019,**

*The 42nd TCF National Conference will be in held in Philadelphia, on July 19-21, 2019 at the Philadelphia 201 Hotel. "Hope Rings Out in Philadelphia" is the theme of this year's event.*

*The Compassionate Friends National Conference is a weekend spent surrounded by other bereaved parents, grandparents and siblings. It is a place where hope grows and friendships are made with others who truly understand. With inspirational keynote speakers, abundant workshops for everyone's wants and needs, and a remembrance candle lighting program culminating with the annual Walk to Remember, this time of healing and hope is the gift we give ourselves.*

*Go to website:[TheCompassionateFriends.org](http://TheCompassionateFriends.org) for details.*

## Dear Bereaved Father

I am very sorry about the death of your child. When my son died, I remember thinking there are no words to describe the myriad of powerful feelings. I have also learned that there are no words I can share to take the pain away or give meaning to your sense of loss. The truth is, the future will be forever different and your grief ... well ... will be with you forever, though I believe eventually you'll learn to live with it. And you will go on living.

What advice do I have? First attend to your grief. Someone wrote, "The pain that is unbearable cannot be healed." After my initial outpouring of grief, I felt that I needed to be strong for my wife. I buried my son in the the ground and buried myself in busyness. I discovered much later that my wife concluded I didn't really care about my son. I did not listen to the chaplain's advice. He said, "Who said you have to be strong to be supportive? Go have a good cry on each others shoulder."

I discovered that grief is one of those "pay me now or pay me later" realities. Let the tears flow. Seek a healthy outlet for your anger. Share your feelings of guilt. Give your sense of helplessness and depression time and space.

Mothers and Fathers grieve differently. Her grief is not better or worse, just different. Her coping style is different. Be patient with her and yourself. Grief is a roller coaster of emotions. You will not ride the ups and downs at the same time. You cannot take her grief away, but you can share it. You cannot prevent her from suffering, but you can prevent her from suffering for the wrong reasons. Be a loving listener. Share your feelings. Hold each other tenderly and often.

Men often have trouble reaching out for support. Certainly many have trouble offering support to men. I got so tired of hearing, "How's your wife doing?" I cannot stress how important I believe it is for you to find and use one or more support persons. No one can do your grieving for you; no one grieves well alone! I urge both of you to join a bereaved parent support group. Consider reading a book together about grief.

## CHAPTER NEWS

### Upcoming Topics:

**Jun -** *Signs – presented by Don Fortener*

**Jul -** *Memorial Picnic/Butterfly Release*

**Aug -** *Know me, Know my child  
(you are encouraged to bring a picture, poem, song, favorite toy, piece of clothing, etc, of your child and share it with the group).*

*Thank You  
for your love gifts!*

★ Pam and Don Fortener for the Love Gift in memory of Pam's brother, Steve Rotert.

*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.*

### \*\*\*\*Dear Bereaved Father continued\*....

Your child has died. Your dreams and memories will never die. Death demands that you let go, though that is no easy process. Letting go is not forgetting. Letting go is ultimately forgiving this tragedy, experiencing acceptance along with sadness and having the courage to risk living and loving again. I wish you a healthy journey through your grief.

*~from another bereaved father.  
Chaplain James Cunningham  
TCF Victoria*

# Our Children Lovingly Remembered

## June Birthdays

Child—Parent, Grandparent, Sibling

*Antonio McLean - Vera McLean*

*Brandon Fox - Theresa Fox*

*Brooklyn Renae Pope - Darin Pope*

*Christian Michael Copits - Richard & Beverly Copits*

*Danny Gene Winchell - Sally Entingh*

*Jerrid Younker - Susan Cole*

*Jerrid Younker - Frank Younker*

*Karen Kay Paschal - Linda Paschal*

*Linda Kimerling - George & Harriet Holbert*

*Malachi (Mack) Bell - Mark & Lori Bell*



## June Angel-versaries

Child—Parent, Grandparent, Sibling

*Andy Glaser - Steve & Cindy Glaser*

*Billy Ladd - Ronald Ladd*

*David Alan Vollette - Dave & Cheri Vollette*

*Gina Marie Baker - Margery Marshall*

*Jared Michael Belcher - Kelly Belcher*

*Jessica Back - John & Roberta Back*

*Kaitlynn Ariana Yvonne Preston - David Preston*

*Larry Todd Cavanaugh - Linda & Larry Cavanaugh*

*Matthew Shane Conover - Sandra Conover*

*Michael David Rhoades - David Rhoades*

*Michael Guerra - Terry Guerra*

*Nan Marie Hendrix - Jo Hendrix*

*Scott Miller - Marilyn Miller*

*Silas Carver - Mary Anne Evans*

*Susan Eileen Lawrence - Barb Lawrence*

*Taylor Davis - Barbara Davis*

*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....**



**“THE GRIEFCASE” (A man's guide to healing and moving forward in grief)**

By R. Glenn Kelly

The Griefcase is an innovative tool for use by anyone who has experienced the deep, traumatic death of someone dearly loved. While written for men, The Griefcase concept can be extremely beneficial for any newly bereaved soul, man or woman.

R. Glenn Kelly is a writer, public speaker, Grief Support Advocate, and grieving father. After the tragic loss of his teenage son, he left behind the corporate world to work exclusively with bereaved men, and the women who want to understand them.

\*This book is available to borrow from our chapter library.

## A Sibling's Feelings

The pain of losing a sibling is so real we sometimes hide it deep inside of ourselves. As we watch our parents hurting we see the pain in their eyes. We are also hurting not only for the loss of our brother or sister but also for our own parents. We need to reach out to each other to let each other know we are hurting inside.

Our lives have all changed forever. I know they lost a son but I lost my younger brother I loved, and as siblings we share a special bond that we'll never have anymore for he no longer lives ... my brother, my friend. I will always miss you and I will never forget you for you will always live in my heart, and I have wonderful memories no one can ever take away from me. In my heart you will stay, love you forever.

~Marie Porreca/TCF Rockland



*Some say you are  
Too painful to  
remember,  
I say you are  
Too precious to forget.*

## ABOUT YOU

- \* Don't be surprised at extremely strong feelings of rage and anger, guilt and regret. Also, there will be times of longing for that brother or sister that are so intense you think you can't stand it—but, somehow, you **will** stand it.
- \* You may have a deep sense of being alone because no one understands what you are going through.
- \* If you can try to find someone outside of your family to talk to, someone who will listen.
- \* If you think it's necessary, don't be embarrassed about seeking professional counseling.
- \* Acceptance takes time, but finding it is a big part of grief work. Your life will not return to the way it once was – but there will be a “new normal.”  
*(although nothing is normal about your parents losing a child and you losing a sibling) ~statement added by newsletter editor.*
- \* Don't expect others to understand what you're going through because they can't. They're in an awkward position of ignorance of your grief.
- \* What you can expect is that people will either say “dumb things” that will hurt you or make you mad, or they will say absolutely nothing. That's why ...
- \* It's important for you to know that **you are not alone**.
- \* There are others like you who DO understand your pain, your anger, your sense of helplessness.
- \* Reach for help—you don't have to go it alone. Don't wait for healing to find you—you must seek it out.

~From First Illinois Chapter of P.O.M.C. (Parents of Murdered Children) Winfield, IL

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*\*If you are a sibling or your child has lost a sibling and you would like to share a poem or story about your loss of a sibling on this sibling page, we would love to share your story to help others on this same journey. Please email Jackie at [im4song@aol.com](mailto:im4song@aol.com) and put Compassionate Friends in the subject line.*  
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**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.