



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

November 2018 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. 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

Thanksgiving

November: cool days, chilly nights, autumn leaves changing colors, football games, apple cider, and pumpkin pie. Ah. November! ... *Is it November already? Oh no! Make it go away! Just let me sleep, wake me up in January.* November is here, the start of the holiday season.

This is the time of year most bereaved parents dread. This is the time of year when thoughts turn to spending time with family, friends, and celebrating. Holiday decorations start popping up everywhere you turn, and holiday music begins to play at the malls and on the radio. People are busy cleaning their homes and are all abuzz with getting ready for ... *Oh, no! Thanksgiving!* Everyone is asking, "What are you doing for Thanksgiving?" For the bereaved parent, especially the newly bereaved, this question can become daunting and almost horrifying. *What am I doing for Thanksgiving?* Thanksgiving-giving thanks. *But, I don't feel very thankful.*

How can I be thankful, when my child lives no more?
How can I be thankful, when he/she will never again walk through my front door?
How can I be thankful, when my eyes are filled with tears?
How can I be thankful, when he/she won't be here throughout the years?
How can I be thankful, when my heart will never mend?
How can I be thankful, when I've lost my dearest friend?
How can I be thankful, when his/her hugs and kisses have now ceased?
How can I be thankful, and sit down to a feast?
How can I be thankful, when my heart is filled with sorrow?
How can I be thankful, when I can hardly make it to tomorrow?

What do you answer? What will you do this year? For some, the choice is to keep the same tradition they have in the past. Others choose to remain home and ignore the holiday completely. There are parents who go on vacation, or go out to Thanksgiving dinner at a restaurant.

Newly bereaved parents may question, "What am I supposed to do?" There is no standard right or wrong answer. Whatever feels the most comforting is the right answer for you. Family members or friends might disagree with your decision and say you are wrong. This often happens if you decide to break tradition, want to

***** **HOLIDAY DATE CHANGE** *****

November Meeting – Nov 15, 2018
7:00pm

Topic: Seasoned grievers share holiday survival tools

November Refreshments

Deb Turner (memory of Leslie)
Kelley Dyer (memory of Zachary)

Thank you for October Refreshments

Carolyn Pearson (memory of Sam)
Pam Fortner (memory of Melissa)

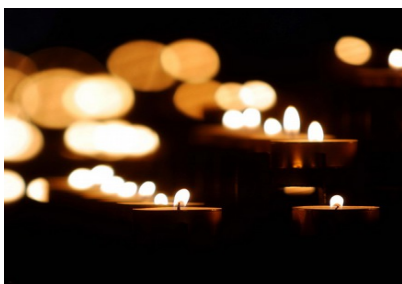
Meetings are held at:

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.

be alone, or decide not to celebrate at all. People can become very insistent and tell you that Thanksgiving is about being with others. I have found that my choice has varied over the years, from choosing to be alone and not acknowledge the holiday at all, to going to friends' and family members' homes, to just having dinner at home, and when asked, I say, "I know that you may not like my answer, but still, I need to do what is best for me." However you decide to spend this Thanksgiving, please remember that for however short or long your precious, awesome, amazing, wonderful child was with you here on earth, you are blessed to be their parent. You have been given a most spectacular gift-a-one-of-a-kind, unique, extraordinary child to carry in your heart, thoughts, and soul for all eternity. And this is a reason to be forever thankful.

~Bev Rosen Katowitz, TCF, Charlotte, NC (mother of Scott Aaron Katowitz)



Candlelight Memorial Service 3:00 PM Sunday December 9, 2018

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.

Again this year!!! We will have a slide show of our children's photos playing during the dinner. Provide Kim Bundy with a photo of your child by December 6th. You can bring the photo to the November chapter meeting or email one to Kim at kbundy.tcf@gmail.com. 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 for the display area set aside in the reception room at the dinner. Feel free to include other memorabilia, if you wish.

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. What a great way to do something in your child's memory to help other children!

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. The last day to RSVP for the Memorial Service is December 2nd.

Volunteers are needed to help set up for the Memorial Service. Set up will be held at 3:00PM on Saturday, December 8th . 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 us. Thank you.



21st Annual Worldwide Candle Lighting - December 9, 2018 (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 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, the 21st annual Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. TCF's WWCL started in the United States in 1997 as a small internet observance, but has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten. The Compassionate Friends and allied organizations are joined by local bereavement groups, churches, funeral homes, hospitals, hospices, children's gardens, schools, cemeteries, and community centers. Services have ranged in size from just a few people to nearly a thousand.

Every year you are invited to post a message in the Remembrance Book which will be available, during the event, at TCF's national website www.compassionatefriends.org.

(This is a worldwide event that you can participate in at home on your own, in addition to the above memorial service.)

“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, "Hope Rings in Philadelphia", that will be held in Philadelphia, PA. on July 19-21, 2019.

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



Speaking of the National Compassionate Friends Conference. The next conference will be held in Philadelphia on July 19 – 21, 2019.

Several members of our chapter have attended yearly conferences. They highly recommend attending these National conferences where you will be amongst other bereaved parents walking this child loss journey as well. 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.

*Don and Pam Fortner have been notified of a wonderful opportunity by a local sponsor to help cover costs of the conference for several people from our chapter. So please thinking about whether this is something you would like to attend. There will be a drawing from interested members in the future. ***More information will be coming in future newsletters and meetings.***

Lifts to the Heart

Many of us who are grieving feel that Thanksgiving is a useless and painful holiday because we do not feel very thankful with our terribly hurting hearts.

Maybe we could prepare our hearts for Thanksgiving by peeking into them to find at least one- and maybe even more blessings-that we could count at this special time of year.

After I lost my two oldest children, 19 year old Peggy and 21 year old Denis, in the same car accident, I learned that the tiniest thing that could ease my heart's burden was indeed a blessing! Discovering these "lifts to the heart" may help you prepare your heart for Thanksgiving. Sometimes amid all the pain, we forget what we could be grateful for. Take an "inventory" for your heart. Perhaps you could be thankful for:

THE STRENGTH TO GET UP EACH DAY

-even if it is not fun. Grieving takes 10 times the energy to get through a day. Exhaustion can be one of the hardest parts of grieving.

THE LOVE OF ONE SPECIAL PERSON

-whether it be spouse, child or friend giving us encouragement and support. I call my husband "my blotter" because he picks up all my tears and says, "It's okay".

SOMEONE NEEDING OUR LOVE

-a person giving us reason to live, to nurture, to plan for, to hug.

A SPECIAL HOBBY OR INTEREST

-an activity that consumes our time and keeps our mind busy. It could be reading "grief" books to survive, writing our thoughts in a journal, making crafts, playing the piano, listening to music, planting a garden, walking along the beach.

A JOB

-that keeps our attention and makes hours, days, weeks, and months pass by quickly.

PICTURES

-that make special moments treasures and keep our happy memories very much alive.

A LINKING OBJECT

-something that belonged to our loved one and brings joy to our heart, such as a ring, bracelet, watch, jacket, book, golf clubs, garden.

FAVORITE RECIPES

-of our loved one that bring smiles to our faces. It's French Toast for my Denis and Angel Food Cake for my Peggy!

THOUGHTFUL RELATIVES AND FRIENDS

-who have tried to understand our needs and not frustrated us with a "time and schedule."

TRADITIONS OR RITUALS

-that bring a moment's peace to our hearts. Going to the beach, watching a football game, lighting a candle, hanging a Christmas stocking, coloring Easter eggs, attending church services - whatever touches your heart.

NATURE

-a pretty flower, a sunset, a gorgeous mountain or ocean view - to stir the love of beauty in our hearts.

CARDS

-with just the right message - to let us know someone cares about us or remembers our loved one in a special way.

THE PHONE

-to heal us when we're feeling low and need to talk to someone else.

BOOKS

-to bring a soothing message to our weary hearts and to give us a "thought" to carry us for the moment.

PRAYER

-to our loved one or to our God or both to send us strength to keep us going through the Valley of the Shadow."

TIME

-that gives back to us what we lose through wisdom and memories.

CHAPTER NEWS

IMPOSSIBLE WISH

I cannot always face the truth
of death's finality
It's easier to just pretend
he'll soon come home to me
And yet, my spirit knows the son
I loved so much has died:
Reality, though harsh and cruel,
must never be denied.

I want him back! I want my son!
I want to see his face!
How will my broken heart survive
with this hollow, empty space?
I must allow the tears to fall,
allow my heart to grieve;
To close my mind to fact is but
to cripple and deceive.

With agony and sorrow,
this world of mine is rife;
My soul is struggling, battling
the worst nightmare of my life.
In bitterness, I'm much aware
of all that I now lack;
In utter pain, I can but cry
"Oh, God, I want him back!"

Peggy Koeiscia, TCF, Albuquerque, NM

Compassion is a feeling from *deep*
in the heart

that you **CANNOT** bear someone else's
suffering
WITHOUT *taking steps to relieve it.*

~Dalai Lama

Upcoming Topics:

- Nov** – Seasoned grievors share holiday survival tools
(meeting Nov 15th)
Dec – Dec 9th, Candlelight Memorial Service
3:00pm, Zion Lutheran Church
14 W. Walnut St., Tipp City

Thank You
for your love gifts!

- ★ Bob and Fran Karl for the Birthday Love Gift in memory of their son, Matt Karl 11/1961 – 01/2002.
- ★ Ronald and Linda Woolwine for the donation to our Chapter in memory of Michelle Preston, our member who passed away August 4, 2018.

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.

...in the Autumn

Some people love to see the changes
in the colors of the leaves,
When the sky is clear and dark blue as the sea.
The love to smell the oak leaves burning
But it is then my heart is yearning
To be with ones I know I cannot see.
There's something in the autumn
That makes my heart so heavy,
I miss them all but know they're where they should all
be.
If I can make it through the winter,
And see the spring unfold before me,
Then I'll know once more they're there, and wait for
me.
When the morning sun comes later,
and the afternoons die early,
And my spirits drop like leaves around my feet.
I'm so aware that I am mortal
and I can almost see the portal
that I will pass through and be every more complete.

~Jim O'Neil TCF, Montgomery, AL

Our Children Lovingly Remembered

November Birthdays

Child—Parent, Grandparent, Sibling

- Brent David Corn - Susan Hartrum*
- Jeff Herman - Mike Herman*
- Jeffery L. Miller - Marilyn Miller*
- Jeffrey Scott Bernard - Don Bernard*
- Justin David Shoemacher - Dave & Jonnie Shoemacher*
- Larry Todd Cavanaugh - Linda & Larry Cavanaugh*
- Matthew J. "Matt" Karl - Bob & Fran Karl*
- Michael Bundy - Tony & Vesta Bundy*
- Stephanie Roselle - Mike & Cindy Berry*
- Stephen Anthony Freeman - Tom & Kathy Freeman*
- Tasha Nicolle 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*

Their Journey's Just Begun

Don't think of them as gone away, their journey's just begun:
 Life holds so many facets - the earth is only one.
 Just think of them as resting, from the sorrow and the tears,
 in a place of warmth and comfort,
 where there are no days and years.
 Think how they must be wishing that we could know, today,
 How nothing but our sadness can really pass away.
 And think of them as living in the hearts of those they touched,
 For nothing loved is ever lost - and they were loved so much.



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

From a card by Ellen Brenneman, TCF
 In Memory of Joan Elizabeth Zimmer 5/16/36 - 5/14/01

NOW for book review....



"First You Die"

By Marie Levine

"First You Die" chronicles a mother's harrowing and painful journey after the death of her only child and the daily steps of courage and strength it took to begin to live again and realize the incredible healing gift her son left behind.

This was one of the first books I found on the loss of an only child and it helped acknowledge so many of the feelings I was experiencing, and still speaks to parents who have surviving children as well. I have met the author several times and she continues to live this journey and has written a second book in follow up to this one titled, "A Tincture in Time".

This book and many others are available to borrow from our chapters library.

HOW MY PARENTS HELPED ME

Thanks for immediately telling me about what happened and the details of how, as soon as you knew.

I needed to cry with you, and to cry alone. We all need to cry together, especially in the beginning.

Talking about memories and what it WAS like is okay; but I'm here and I'm NOW, and I need you to think about me. It's selfish, but necessary for me to feel needed, wanted, loved and near you.

When we talk, remember he was my brother and we had our sibling rivalries. He wasn't perfect, but neither am I. You helped me to not feel guilty about the fights we did have and told me he'd forgive me and I should forgive him; especially if I get mad, because he died and left us.

Don't put your deceased child up on a pedestal, while putting down your other children. Talk to your child but talk of good and bad memories – be realistic and don't think you have to make your child out to be a saint – stay in perspective.

Hug your kids – they're going to be feeling guilty about words or arguments they've had with their deceased sibling.

Talking helped me to realize my feelings more. At first it was hard to talk but as I grew older it helped to talk. It brought us closer as a family. We realize each others feelings and try to understand each other better now. I realize the importance of being nice. We don't know what might happen in the next hour or day.

Lovingly lifted from the TCF Newark, OH Newsletter

The Room Across the Hall...

The room across the hall is dark and empty now.

All of the things that once filled it have been removed somehow.

The clothes that were once in the closet have all been put away.

The occupant won't be needing them, for he died in the month of May.

The room across the hall was filled with a young man's things.

Guns and knives and video games and rocks from May springs.

All of these have been locked away inside a small square chest.

Just like the room's occupant, they have been laid to rest.

The room across the hall arouses feelings such as pain.

The fact that it is empty can make tears fall like rain.

I cry because the occupant was very much like me.

The occupant was my brother, whom now I cannot see.

The room across the hall belonged to a normal boy.

He could bring you heartache and lots of sorrow, but he could also bring you joy.

He was not another Socrates, for he wasn't quite that clever.

But the memories he left me will be with me forever.

Melissa Broadway, TCF, Atlanta, GA



**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.