



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

November 2020 NEWSLETTER Vol. 35 No. 10

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
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Candlelight Memorial Service

2:00 pm

Sunday December 13, 2020

Zion Lutheran Church

Main and Third Street

Tipp City, Ohio

RSVP Required

By Dec 4th



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. This year we will have a candlelighting memorial ceremony and it will be held in the church Fellowship Hall at **2:00 pm** (please note this is a different time from past years). **Masks Required**

No Dinner reception this year due to Covid-19.

RSVP required for Candlelight Ceremony

An RSVP is required to attend the 2:00 pm Memorial ceremony. The church facility allows for 50 or less in gatherings, therefore we can take up to 50 people including signed up helpers. If more than 50 RSVP then an additional ceremony will be added at 4pm to be able to include everyone. (To be determined following the Dec 4th deadline.)

To RSVP call Kim Bundy at 937-573-9877 or email her at kbundy.tcf@gmail.com by **DECEMBER 4th**. A sign-up sheet will also be available at the November Compassionate Friend's Meeting to RSVP.

NOTICE

CHANGE OF MEETING LOCATION

Due to Covid meeting inside at the Nashville UCC is still suspended.

Meetings have changed to temporarily meet

at:

Zion Lutheran Church

14 W. Walnut St., Tipp City, Ohio

Corner of Main St. and Second St.

*** Masks Required ***

November Meeting – Nov 19, 2020,

(week earlier due to holiday)

7:00pm

Topic: Handling the Holidays
Topic question cards

Thank you to Julie Gillespie for the mints and information on Superheros against suicide in memory of Liam.

Candlelight Memorial Service information continued.....

Children Memorial Slideshow

We will have a slide show of our children's photos playing during the ceremony. If you would like to have your child's photo in the slide show please bring the photo to the Nov meeting or email the photo to Kim at kbundy.tcf@gmail.com **by December 4th**. Please include the child's name, your name, address, and phone with the photo. Photos will be returned. (If you provided a photo in the past, you do not need to submit another one unless you would like to provide a different photo for this year.)

AS WE NEAR THE SPECIAL SEASON

As we near the special season that stirs up feelings of heritage, patriotism, thanksgiving, and our relationship with God, we are instantly reminded that it doesn't seem to fit together for us; our personal sense of well-being is suffering. Our hearts and spirits are undergoing the trauma of painfully fresh wounds in some cases, while others are coping with the scar tissue of older grief that refuses to heal or restore comfort to their lives. This season reminds me we are living with extra stress that must be resolved. I offer a few thoughts to each of you, along with my love, in hope that feelings of peace and purpose will return to bring you comfort.

First, be careful in agreeing to take on the traditional extra work that goes with holidays. You are coping with grief that will take much of your usable energy.

Second, be especially kind and patient with yourself. The need for physiological rest is vital at this time; regular sleep and rest hours will help.

Third, be aware that holidays and alcohol have become traditional companions; extra caution may be necessary to prevent the depressant effects of alcohol from further aggravating your grief anxiety.

Fourth, it's okay to change past practices that are especially painful reminders of what can be no more; do something different if you have to.

~Renee Little, TCF, Fort Collins, CO

(Excerpt from the book *"I Walked A Mile With Sorrow"* by Mary S. Cleckley

Detour of the Month - Thanksgiving

Well, here it is -detour time again! And just when you were headed back to the main road after Halloween. Some out there, whose lives continue as they have been, think of the four months of October, November, December, and January as the holiday season. Then there are those of us who have "new" normal's. We think of these same months as the detour season, and with good reason.

Just prior to Thanksgiving one year, I had a letter from one of our TCF members who told me she, her husband, and their two sons were heading for Florida over Thanksgiving. She said, "We are not going to sit around a turkey pretending to be thankful." Now, that's a good idea if you can't stand the thought of observing that day in traditional way. Do whatever you need to do this year if Thanksgiving is a problem. Explain to those who care about you that this year will, by necessity, be different. You can hope they understand, but if not, let that be their problem. Your needs right now are paramount. Several Thanksgivings passed before I found myself looking forward to that day again. I hope you soon reach that place, if you haven't already. I just want to assure you that nowhere is it carved in stone that you must sit around a turkey and "pretend."

"I Walked A Mile With Sorrow" by Mary S. Cleckley is available for order on Amazon.

First Thanksgiving

The thought of being thankful
fills my heart with dread.
They'll all be feigning gladness,
not a word about her said.

These heavy shrouds of blackness
enveloping my soul,
pervasive, throat-catching,
writhe in me, and coil.

I must, I must acknowledge,
just express her name,
so all sitting at the table,
know I'm thankful that she came.

Though she's gone from us forever
and we mourn to see her face,
not one minute of her living,
would her death ever replace.

So I stop the cheerful gathering,
though my voice quivers, quakes,
make a toast to all her living.
That small tribute's all it takes.

Genesse Bourdeau Gentry
from Stars in the Deepest – After the Death of a
Child

We need not walk alone!
We are The Compassionate
Friends.

CHAPTER NEWS

Upcoming meetings:

Nov - *Handling the Holidays/Topic cards*
Dec - *No regular meeting/ see front page for
Candlelight Memorial information.*

NEED TO TALK TO SOMEONE?

A listening ear is sometimes the best medicine.

<i>Kim Bundy (suicide)</i>	<i>573-9877</i>
<i>Pam Fortener (cancer)</i>	<i>238-4075</i>
<i>Donnie Fortener (cancer)</i>	<i>760-2238</i>
<i>Pam Fortener (siblings)</i>	<i>238-4075</i>
<i>Cathy Duff (auto accident)</i>	<i>473-5533</i>
<i>Jackie Glawe (auto accident)</i>	<i>478-3318</i>

*Thank You
for your love gifts!*

- ★ Tony & Vesta Bundy for the Birthday Love Gift in memory of their son, Michael Bundy, 11/1960 – 09/2012.
- ★ Sandy O'Dell for the Love Gift in memory of her son, Mark Kurtis O'Dell, 09/1993 -- 02/2008.
- ★ Joe & Wand Bailey for the Birthday Love Gift in memory of their Daughter, Heather Denise Bailey 09/1975 - 04/1982.

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.

*The presence of that
absence is everywhere*

~Edna St. Vincent Millay

Our Children Lovingly Remembered

November Birthdays

Child—Parent, Grandparent, Sibling

*Brent David Corn - Susan Hartrum
Christine Taylor - Ann Anderson
Jeff Herman - Mike Herman
Jeffery L. Miller - Marilyn Miller
Jeffrey Scott Bernard - Don Bernard
Justin David Shoemaker - Dave & Jonnie Shoemaker
Kevin Frinfrock - Terry Frinfrock
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*

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 a book review....

"I Walked A Mile With Sorrow" by Mary S. Cleckley



This is A Centering Corporation Resource for Bereaved Parents, Family and Friends. This book discusses specific problems and concerns that come with being a bereaved parent. Bereaved parents will be able to identify with the various subjects throughout the book. It will help you recognize the normalcy of your responses to the death of your child and help you move forward through your grief.

This book is available for purchase on amazon and also available to borrow from the chapters library. Contact Jackie Glawe newsletter editor or Pam Fortener chapter librarian.

The Language of Tears

By Yvonne Williams, M.S.
Muncie, Indiana

When someone you love dies, many different feelings flood into your heart, many thoughts and unanswered questions fill your head. These thoughts and feelings are hard, if not impossible, to express in words. But there is a wordless language that can pour out all these things that are so hard to speak about. This special language flows naturally when you need it - it is your tears.

The language of tears is a gift we all have that can communicate deep feelings we might not even understand, much less be able to describe with words. When we cry, our tears are like a river to carry us closer to what we need to understand about ourselves. What do your tears seem to be telling you?

Do they want you to pay attention to your painful sadness? Your loneliness? Your anger? Your fear? Your disappointment? Do your tears ever help you feel better? Can you think of some blessing that your tears have given you?

When we hold back feelings or try to hide or ignore our emotional discomfort, tears often burst forth. This is a sign that our feelings need to come out. Sometimes when we cry, it helps to talk to the person who died - like having a long distance phone call to heaven.

After a good cry we feel better. It is a relief to let out these emotions without having to talk about them if we don't want to. Our tears can say it all for us.

At times, we are embarrassed to let our tears show. However, our tears can tell others that we hurt and need comfort. Tears can be our best friend - always there when needed. Tears understand us and know what we need. It is important to honor our tears and be thankful for them.

To help you understand better the purpose and value of your tears, make copies of the following questions so that you and every member of your family or grief group has a copy to fill out. After everyone has finished answering the questions, compare and discuss your answers with each other.

Questions About My Tears:

I think my tears want me to know ...

I think my tears want me to think more about ...

My tears help me know that I need ...

My tears make me feel better when ...

I want my tears to help me ...

*Note To Parents or Grief Facilitators:
According to Dr. Jeffrey Kottler, author of The Language of Tears, crying cleanses our minds and bodies and leaves us feeling relieved and refreshed. The therapeutic power of tears to heal and transform grief can be likened to the liquid inside a cocoon that transforms the worm into a butterfly. Do not be afraid to acknowledge with a child that it sometimes helps to talk to the deceased during a good cry. Children do this just as spontaneously as adults do. It does not mean that one is psychotic! This practice actually helps one to compensate for loss and accept reality; it does not encourage denial or prevent letting go of the dead as some might fear. This tool (having an imaginary conversation with a departed one) is referred to in some therapeutic settings as "active imagination." It is similar to what some therapists use and call, "guided imagery." The main difference in the two is that in "active imagination" one's inner self is a guide to conducting the conversation, rather than a therapist.*

Bereavement Magazine January/February 2001



**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.