

THE COMPASSIONATE FRIENDS INC.

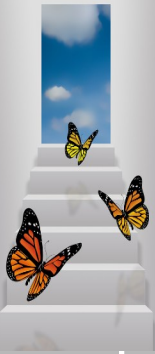
International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO.1870

November 2022 NEWSLETTER Vol. 31 No. 10

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

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As the Holidays Approach

When the holidays are fast approaching, we who are bereaved always have mixed emotions about having a nice holiday when our child or loved one is no longer with us. We wonder if we will ever be as happy and if we can ever again celebrate the holidays or any meaningful family occasion, especially the first birthday, first thanksgiving, or first Christmas since our loss. We try to look ahead to how we are going to feel when the time arrives, but it is usually not as hard as we had anticipated. Still, the occasion may not be as enjoyable as we'd like it to be or as we remember it from the past.

I would like to offer a few ideas for what we can do to make our holidays a little better. Consider buying gifts for less fortunate children, adopting a child/family at Christmas time, or inviting a lonely person to share your holiday meal. Make your child's favorite foods and discuss your loved one as you share the meal. Some people like to volunteer to serve holiday dinners for the homeless. Some bereaved parents want to visit familiar places their child loved to go, while others want to travel where their child had never been.

....continued in next column.

Meetings are being held at:
Zion Lutheran Church
14 W Walnut St
Tipp City, OH 45371

(located on the corner of Main and Third
handicapped accessible, entrance by
parking lot on W. Walnut St.)

Next Meeting: Nov 17, 2022

(a week early due to Thanksgiving)

7:00 pm

Topic: Sign – Donny Fortener

...(As the Holidays Approach continued)...

Several of our Compassionate Friends members put a small Christmas tree at the cemetery and decorate the graves with Christmas flowers and/or a grave blanket. Making a grave blanket is very fulfilling; we did that for 10 years after our daughter Teresa died. Attending a candle light program is a wonderful way to honor your child or loved one.

These suggestions are things we feel we can still do for our child, but they are not reserved for bereaved parents only. All of them can be done for any member of a family or a friend who has died. After someone dies we must keep going and doing things that lift us up. We can't always try to please any people who feel we should act in a certain manner.

-Jackie Wesley

TCF, East Central Indiana and Miami-Whitewater Chapters



Candlelight Memorial Service
Sunday December 11, 2022
3:00 PM
Zion Lutheran Church
Main and Third St.
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. You can bring the photo to the November chapter meeting or email one to Mica Glaser at MicaGlaser@gmail.com with the photo in jpeg or png format please. Please include the child's name, your name, address, and phone with the photo. (photo's will be returned)

If you already have a photo in the sideshow from years past you do not need to resubmit your photo unless you want to use a different one. 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.

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 we will be trying something new using eventbrite. To sign up, go to the link below to reserve a spot. <https://www.eventbrite.com/e/childrens-candlelight-memorial-service-tickets-451974837907> Sign up and photo's need to be submitted by December 8th.

Volunteers are needed to help set up for the Memorial Service. Set up will be held at 3:00PM on Saturday, December 10th . If you can help, please contact Debbie Turner (937-667-4761). 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, Chapter Steering Committee

We also are 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!

NEED TO TALK TO SOMEONE?

A listening ear is sometimes the best medicine.

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

November Mourning

Memories rain down like falling leaves
 Amidst a torrent of tears
 Fall used to be my favorite -
 Now November brings only fear.
 For October was the last full month
 That we could share together.
 My bright October full of joy
 When again we heard your laughter.
 Then darkness came November eight
 Now there is only pain.
 For when your gentle heart was stilled
 We knew only loss and shame.
 How could we lose our only son?
 Our precious gift from God?
 We miss you with an intense love
 And grief is the road we plod.
 Never will I feel the joy
 That autumn used to bring -
 Although I smile at memories
 Of you saying funny things.
 Those days we spent are treasures;
 How I wish for just one more!
 So now, I'm waiting for the day
 We meet on eternity's shore.

~Sarah Chavez, TCF Greater Ozarks, MO

CHAPTER NEWS

Upcoming meetings:

- Nov** - *Signs – Donny Fortener*
- Dec** - *Children’s Candlelight Memorial*

*Thank You
 for your love gifts!*

- ★ *Tony & Vesta Bundy for the Birthday Love Gift in memory of their son, Mike Bundy 11/1960 – 09/2012*
- ★ *Love Gifts should be made out to: The Compassionate Friends and mailed to **Cindy Glaser, 5255 Rudy Road Tipp City, Ohio 45371**. Please send your donation by the 15th of the month prior to the month you want your child remembered in the newsletter.*



A Special THANK YOU to CHEVROLET OF TROY for their ongoing monetary donations and for the “Test Drive for a Cause” to support our chapter.

Our Children Lovingly Remembered

November Birthdays

Child—Parent, Grandparent, Sibling

Benjamin Paul Gudorf - Wilda Stanley
 Brent David Corn - Susan Hartrum
 Christine Taylor - Ann Anderson
 Jeff Herman - Mike Herman
 Jeffrey Scott Bernard - Don Bernard
 Jeremy Fogle - Amy Payton
 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 - Cindy Berry
 Stephen Anthony Freeman - Tom & Kathy Freeman
 Tasha Nicolle Longyea - Kern & Pamela Carpenter



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*

November Angel-versaries

Child—Parent, Grandparent, Sibling

Amelia Beeman -Peggy Beeman
 Clifton Alexander - John Alexander
 Jeff Herman - Mike Herman
 Leslie M. Turner - Randy & Debra Turner
 Mike Ladd - Ronald Ladd
 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. - Jackie Glawe/Editor

***“Finding grace in a place of
 peace helped me realign my
 thoughts even after tragic loss”***

~Joseph Campbell,

We need not walk alone magazine

S i b l i n g P a g e

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.

~TCF Newark Newsletter

Now I know

My sister died. She lived only ten days. Her name is Gloria and I knew her only through my mother. She spoke of her lovingly and sadly, of her beauty and sweetness, of her illness.

Gloria was the third child born to our family, the first girl. Two years after that, I arrived.

Donald and I were told that if Gloria had lived we would not have been here. I never know whether to be happy or sad that my sister died.

Whenever the song, “Smoke Gets in Your Eyes” played on the radio, my mother would cry. She told me that song was very popular when Gloria was born and died. I used to think, “Why is she so sad?” Why is she crying for a baby she hardly knew? Aren't we remaining children enough for her?” I never understood – until my own daughter died. Now I know.

~Carol Silverman, TCF, Abington Chapter

***Our surviving children not
only lost a sibling, but
they've also lost a mother
and father they once knew.***

Everything is different now.



FORT 5K

Nov 6, 2022

9:00 am

In loving memory of Melissa Fortener

Trent Arena / Fairmont High School
3301 Shroyer Rd
Kettering, OH US 45429

*All proceeds go to Fairmont Girls Basketball program

For further information go to:

<https://runsignup.com/Race/OH/Kettering/TheFORT5k>

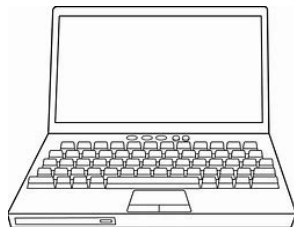
Melissa is the daughter of Donny & Pam Fortener

Melissa's book is now available on Amazon.com

FORT'S CANCER SUX

By Melissa Fortener McLaughlin

***If you have a book, story, poem, quote, event, etc about your child that you would like to share in the newsletter please email the editor at im4song@aol.com and put in the subject line "for the tcf newsletter".*



VIRTUAL GRIEF GATHERING

You are invited to join The Compassionate Friends virtually on November 19, 2022, for The Compassionate Friend's Fall Virtual Grief Gathering. This special gathering will include live, interactive workshops across a variety of grief topics plus recordings of our Main/Keynote Presentations from TCF's 45th National Conference that was held this past summer. This online gathering will offer a range of workshops on grief, loss, coping, and healing and will focus on support for bereaved parents, siblings, and grandparents, whether you are newly bereaved or a more seasoned griever. They invite you to join them for an informative, caring, and supportive day from the comfort of your own home. To register go to the main Compassionate Friends website or to their link at:

<https://www.compassionatefriends.org/event/tcf-virtual-gathering/>

** In case you aren't able to attend on November 19th or want to listen to additional sessions, your registration fee includes access to a recording of the full day's event for 90 days after the virtual gathering, through February 20, 2023.

NOW for a book review....

"My First Christmas"
by Cathie Gray



The author has written this book to be used by anyone that has lost a loved one, however she personally is a bereaved parent with the loss of her oldest daughter. She addresses the Quest for the New Normal, Men Hurt Too, Quest For Friends and Family and S.O.S. Save our Surviving Children. From personal accounts and heavyhearted research she will do more than just help you get through the holidays with several chapters with questions for you to ask yourself and respond in a journal type manner and to help you in moving forward.

This book an many others are available in our chapter library.

Book review submitted by Jackie Glawe (Jordan's mom)



**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 OR TEXT (937) 478-3318 AND LEAVE A MESSAGE.

Thank you.