



# THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

## MIAMI COUNTY CHAPTER NO.1870

April 2024 NEWSLETTER Vol. 32 No. 4

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".  
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### REBUILDING YOUR LIFE ONE PIECE AT A TIME

By Stephanie Elson, TCF website 9/22/2021

Death, especially unexpected death, changes one's life in ways that cannot be anticipated. With the death of someone close, one's world is forever changed. One analogy I have found myself using with clients is the following: If you were to imagine the day before your loved one died, there was an intact picture of your life. The picture may not have been perfect, but it was there and it made sense. There was a beginning, a middle and an expected end. With death comes the destruction of that picture. It is as if the picture is taken out of your hands, smashed to the ground in a thousand pieces and then some of the most treasured pieces are forever taken away.

The challenge with grief is to then take all of those pieces which are left and attempt to make a new picture. The picture of the life you once had is impossible to recreate. As much as one may try, it cannot be recreated with pieces missing. A new picture must be assembled with the pieces that are left and with new pieces that are picked up along the way.

The process of putting the pieces back together is one that often feels chaotic and confusing. It may sometimes be surprising to find out how much thinking is involved in the grief process. Thoughts bounce around trying to connect what was with what is and struggling to make sense out of what seems to be incomprehensible.

With each piece, the bereaved, through trial and error, find where each piece belongs or even if it belongs at all. This process is different for every person and does not adhere to any kind of timeline. This (what feels like endless) thinking is the work that grief demands; it is the creation of a new picture of your life created one piece at a time.

**Meetings are held at:**  
**Zion Lutheran Church**  
**14 W Walnut St**  
**Tipp City, OH 45371**  
**(entrance by parking lot on W. Walnut St.,**  
**handicap accessible)**

**Next Meeting:**

**April 25, 2024**

**7:00 pm**

**Topic: Mother's Day**



Wishing you a gentle

Spring season



## Butterflies Speak To Me

The garden is planted with flowers that will attract butterflies and they come by each day, but I know they are really you. They flit and flutter, circling around me as I weed, and I remember that you flitted and fluttered when you were alive. They are beautiful and I know how beauty filled your life. What's really fascinating is that they fly around me and up to me...I know that means it is really you trying to get my attention. You're there...you're visiting...you're saying "hello".

My friends at TCF understand this...they know about signs, but the rest of the world thinks I'm not quite sane. They keep asking me things like, "How can a butterfly send a message from someone who has died?" "Do you really think Chris is that butterfly or sent that butterfly?" Well, I really do think the butterflies are Chris coming by. And, you know what? That's what I think and that's what matters.

We all have things that remind us of our children...what we do with them is really up to us. Chris died in September...and that's when monarch butterflies are begging their travels to Mexico. They travel down the east coast on their venture to the south. Tony and I went on a ferry ride across Delaware Bay with friends after Chris died...on the shoulder of one of the gerry boat works a monarch landed and just stayed there for the longest time. No one can tell me that wasn't Chris...I know it was!!!! So, butterflies speak to me.

What speaks to you? What brings the good memories of your child to you? How can the "grief damaged you" feel the love of your child? What gives you quiet peace and happiness about your child? No matter what it is, embrace it!!! Be happy with the reminders of their life and love. And tell those who think you're crazy. "Yes, I am. Crazy for love of my child and crazy for messages of love from my child." And remember, when you see a butterfly, he or she may be saying, "Hi Mom or Dad, I love you!"

Author: Bobbi Stagliano-Camden County NJ TCF  
To remember Chris who was born 3/30/65 and  
Whose angel0versary date is 9/29/06



## NEED TO TALK TO SOMEONE?

A listening ear is sometimes the best medicine.

Kim Burgundy (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

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Chapter website by Mica Glaser Jones:

[www.thecompassionatefriendsmiamicounty.com](http://www.thecompassionatefriendsmiamicounty.com)

## CHAPTER NEWS

## Upcoming meetings:

Apr	- Mother's Day
May	- Father's Day
Jun	- Butterfly Release

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*We regret to inform of the passing of Mary Snyder, bereaved mother of Brent Snyder.*

<https://www.mortonwhetstonefh.com/mwn/obituary/Mary-Snyder>

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*Thank You*   
*for your love gifts!*

★ Rob & Bev Gardner in memory of son, Jeff Gardner.

★ 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.

*The only people who think there is a time limit on grief,*



*have never lost  
a piece of their heart.*



*Take all the time you need.*

### 47<sup>th</sup> Annual National Conference of The Compassionate Friends

**July 12<sup>th</sup> – July 14<sup>th</sup>  
New Orleans, LA**



TCF's National Conference is an enriching and supportive event for many newer and long-time bereaved parents, grandparents, and siblings. Attendees come and find renewed hope and support, as well as strategies for coping with grief, all while making friendships with other bereaved people who truly understand the heartbreaking loss of a child, sibling, or grandchild. Lifelong friendships are often formed and rekindled each year at TCF conferences.

Unique and cherished highlights of the conference include heartfelt Saturday evening Candle Lighting Program, Workshops, Sharing Sessions, Keynote Addresses, Healing Haven, Butterfly Boutique, Crafty Corner, and Silent Auction. Our weekend of inspiration, sharing, and learning is followed by the Walk to Remember on Sunday morning.

Go to The Compassionate Friends website for further details on conference and hotel prices and registration.

<https://www.compassionatefriends.org/event/47th-tcf-national-conference/>

# Our Children Lovingly Remembered

## April Birthdays

Child—Parent, Grandparent, Sibling

Aaron T. Duvall - Kim Duvall  
 Amanda Kay Pitts - Darla Pitts  
 Elizabeth Flory Duff - Ann Flory  
 Kevin Michael Harshbarger - Kenneth & Carolyn  
 Harshbarger  
 Rebecca M. "Becky" Bole - Ken & Sue Bole  
 Ryan Patrick Gilhooly - Constance Gilhooly  
 Will Mohr - Valerie Mohr



## April Angel-versaries

Child—Parent, Grandparent, Sibling

Allison Rudy - Lora Rudy  
 Amanda Kay Pitts - Darla Pitts  
 Antonio McLean - Vera McLean  
 Ava Nicole Lisky - Kathy Russell  
 Heather Denise Bailey - Joe & Wanda Bailey  
 Lydia Herrick - Patty Herrick  
 Maci Eickman - Josh & Elizabeth Eickman  
 Shawn Edward Smith - Marcia Nowik  
 Tasha Nicolle Longyea - Kern & Pamela Carpenter  
 Malachi (Mack) Bell – Mark & Lori Bell



## JUST A BREATH AWAY

*Look for me in springtime as raindrops fill the air. In the splendor of the rainbow you'll find my presence there.*

*You will find me in the fragrance of April's sweet perfume drifting through the clover on a sultry day in June. An August day will find me upon the summer breeze on the distant sound of the thunder in the gentle swaying trees. In the golden fields of harvest is where I can be found as autumn time approaches and leaves come tumbling down. In the wintertime when days are short and chill is in the air, just look into the moonlit night, you'll find me lingering there. When the setting sun has gone away and shadows fill the night, when the cloak of darkness lifts its veil I'll be your morning light. So when you feel discouraged get on your knees and pray. You'll feel me there beside you ... I'm just a breath away.*

~Author Unknown

*We all know how difficult those "Special Days" can be - birthdays and death anniversary days. Please remember these parents on their special days and let them know that they are not alone; someone cares about their pain and their grief. It means so much to be remembered!*

*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, Kim Bundy/Chapter leader or Cindy Glaser/Treasurer*

*"To lose a child is to lose a piece of yourself"*

- Dr Burton Grebin .

## A LOVE LETTER TO MY CHILDREN

.....continued from A Love Letter to My Children

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You are great kids. You have always been great kids, although I haven't always been a great mom. After your brother died, I was hardly any kind of mom at all. I was so lost in my own grief, I wasn't there for you. You were bewildered, scared and hurt, but I couldn't seem to reach out to you beyond my own pain. I was like a day-old helium balloon drifting along, not sure whether my place was with you or with your brother. I didn't drift for long. You grabbed my string and yanked me back! The yowls and shrieks still ring in my ears: "mom, all my underwear is dirty!" or "Mom, I'm starved!" or "Mom, he punched me!" Your brother was being cared for by his heavenly Father, but you needed your earthly mother. It was your need for me that saved my life.

I'm sorry that your brother's death robbed you of your childhood. While other kids fretted about what to wear or which movie to see, you wondered when the tears and sadness would ever end and if we would be a family again. If I could have shielded you from such great sorrow, I would have; but I couldn't.

Your lives were changed forever, and the future was uncertain, but you kept going. You supported and inspired me as we traveled that rocky road of grief together. You talked about your brother when no one else would say his name. You kept his picture in your rooms and proudly pointed out to friends, "This is my brother." You used his things, but gently. You reminded me of the cute, funny things he said and did. You included him in your bedtime prayers. You still do.

Some day I believe you will tell your own

children about your brother. Thank you for keeping his memory alive.

Because of the tragedy you experienced, you are more mature than other kids your age. You possess strength and courage beyond your years. You are resilient; little things don't get you down. Best of all, you are kind, sensitive, and compassionate to others. I adore you. You are my life.

Pat Dyson  
TCF, Beaumont, TX

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**TCF SIBLING CHATS**  
**Some online chats for adult and**  
**teen siblings to**  
**share concerns and feelings are**  
**available on the**  
**TCF National website**

**Click here**  
**[https://www.compassionatefriends.org](https://www.compassionatefriends.org/find-support/online-communities/online-support/)**  
**[/find-support/online-communities/](https://www.compassionatefriends.org/find-support/online-communities/online-support/)**  
**[online-support/](https://www.compassionatefriends.org/find-support/online-communities/online-support/)**  
**to display the full schedule of chats**  
**for**  
**both parents and siblings**





**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.