



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

February 2021 NEWSLETTER Vol. 37 No. 12

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



Since we have lost our children, part of what remains of them are pictures from the heart, which are those mental images we hold so dear. For some of us these pictures are memories of what had been, and for others these pictures are dreams of what might have been. And for some of us these pictures are a little of both. For us, dreams and memories are really the same. It is the dimension where our children now reside.

In a sense, dreams are nothing more than memories of the future, because we remember our children by the dreams we had for them; and memories are nothing more than dreams of the past, because to remember them is certainly to dream of them. I believe it is incorrect to think that someone will not hurt as much because they only had their child for a little while or to think that someone will not hurt as much because their child had the chance to grow up. In these dreams and memories, these pictures from the heart, all of our children are infants and all of our children have grown up. The sadness and pain comes from the broken heart, the memories and the dreams from the pieces that remain

~Kenneth Hensley, TCF Nashville, TN

NOTICE **CHANGE OF MEETING LOCATION**

Meetings have temporarily changed to meet at:

Zion Lutheran Church
14 W. Walnut St., Tipp City, Ohio
Corner of Main St. and Second St.

*** Masks Required ***

February meeting: Feb 25th 7:00 pm

Topic: Question cards

**Thank you to everyone who helped with the
Candlelight Memorial Service.**



Bereaved Parents

Different ages
Different stages
Different issues
Same pain
Daily strain
Occasional tissues
Our children have died
Often is all you know
A fact we fear to hide
Despite our ever-present woe
We live with pride
Though broken-hearted
To love, remember, and grow

~Victor Montemurro
TCF Medford, NY

That Really Sucks!

By R&D, Maryland BP (Bereaved Parents)

“I am sorry for your loss.” It is not as annoying as “He’s in a better place,” nor is it as infuriating as “It was God’s plan.” Since our son died, I must have heard “I’m sorry for your loss” a thousand times. And every time I hear it, my teeth set on edge like the screech of chalk on a black board.

I have heard police, firefighters, EMTs, social workers, and even therapists say it. I have said it myself. But what does “sorry for your loss” mean? People may actually be sympathetic to my loss, but the phrase has trite and spoken so routinely that the expression has become almost meaningless. If “I’m sorry for your loss” is supposed to soften the blow of my child’s death, it doesn’t. And it can’t. Grief and Pain are not assuaged by an over-used cliché.

By saying, “I am sorry for your loss,” the speaker has expressed concern and compassion. But does he really feel that sorrow? Does he truly understand what he is sorry for? There is little I can say in response except “Thanks.” But “thanks” for what?

Perhaps the younger generation says it better. *“That really sucks!”* Obscene? Maybe at one time. But no longer today. It is a phrase that can convey real emotion and feeling. And you know, the death of our son really does suck. When someone says that to me I feel the emotion and compassion and believe that he really does get it.

So if we run into each other one day and talk about the death of your child, don’t be surprised if I blurt out, “Ya’ know, that really sucks!” You’ll understand I am not simply paying lip service to your loss, but real homage to depth of your grief and pain.

ANOTHER YEAR

By Alice Weening
TCF Cincinnati, OH

This is another year just beginning – afresh with new days, new opportunities, new challenges. It occurs to me, however, that it is a very difficult task to keep from concentrating on past years and the sadness we endure just because it is a new year and the calendar has flipped the page.

Moving on to a brighter tomorrow and letting go of the pain of yesterday is a gradual process. We cross that threshold one step at a time – a small step, at first, faltering and stumbling – but somehow getting there. With patience, effort and persistence, once again we will be able to celebrate life as the year stretches on before us, putting behind us our sadness, our guilt, our failures and our pain.

We will be able to smile again. We will be able to remember our precious children in life rather than death. We will recognize in our days many little blessings and will be able to share our joys with others.

LESSONS FROM MY SON

After you were born
 my life became a challenge.
 Seeing your poised big sister
 who did everything right
 you escaped out of your crib
 knocked the houseplants over
 decorated a closet wall
 with a bright blue marker.
 You didn't hesitate to scare me
 at eight months pregnant
 waddling like a beached whale
 with a trip to get stitches
 when you fell in the bathtub
 telling jokes and laughing
 as the doctor sewed your chin
 naming the stitches "my itches"
 I can still see those bright eyes
 the excitement over a frog,
 picking green tomatoes,
 covered in birthday cake,
 drinking pool water
 climbing a pecan tree,
 kissing a neighbor's puppy
 and running naked down the cul-de-sac.
 From you I learned the art of patience,
 the joy of mothering a son,
 that there are never enough
 hours for cuddling and reading.
 You taught me well
 although you were so young.
 And within my heart,
 I will always hold my gratitude for you.

~Alice J. Wisler
 TCF Wake County, NC
 In memory of Daniel Wisler
 (Daniel passed away at 4yrs old of cancer)

OPENNESS

I cannot survive my grief with a closed mind, a closed heart, or a closed fist. I must open my ears, my thoughts, my feelings of all kinds, and speak and listen to sharing and caring compassionate friends and my arms to comfort and HUG the grieving and newly bereaved. For it is not possible to heal and help yourself to survive the loss of a child if you cannot receive... For a clenched fist is not able to give or receive.

By Ed Kuzela, TCF, Atlanta, GA

CHAPTER NEWS

Upcoming meetings:

Feb - Question cards
Mar - To be announced

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

Thank You for your love gifts!

- ★ Lowell & Marilyn Bok for the Birthday Love Gift in memory of their daughter, Marlisha Bok, 01/1968 - 05/1989.
- ★ Kern & Pam Carpenter for the Love Gift in memory of their daughter, Tasha Nicholle Longyear, 11/1978 - 04/2008.
- ★ Ann Flory for the Anniversary Love Gift in memory of her daughter, Elizabeth Flory Duff, 04/1975 - 01/2005.
- ★ Joe Johnson of Joe Johnson Chevrolet for his generous donation.
- ★ Bob & Fran Karl for the Anniversary Love Gift in memory of their son, Matthew Karl, 11/1961 - 01/2002.
- ★ Jim & Marilyn Mitchell for the Birthday Love Gift in memory of their son, Michael Daniel Mitchell, 12/1980 - 09/2003.
- ★ Randi & Carolyn Pearson for the Love Gift in memory of their son, Sam Pearson, 09/1979 - 10/2007.
- ★ Dennis & Susan Ream for the Love Gift in memory of their daughter, Kristen Nicole Ream, 03/1974 - 08/2011.
- ★ Kathy Russell for the Holiday Love Gift in memory of her granddaughter, Ava Nicole Liskey, 03/2002 – 04/2002.

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.

Our Children Lovingly Remembered

February Birthdays

Child—Parent, Grandparent, Sibling

Alex J. Ritchie - Joel & Diana Ritchie
 Amelia Beeman - Peggy Beeman
 Brian Swartz - Lisa Swartz
 Clifton Alexander - John Alexander
 David J. Elam - Danny & Tammy Elam
 James C. "Jimmy" Skaggs - James & Bonnie Skaggs
 Jeffrey Scott LaCoste - Peggy LaCoste
 Jeremiah Lee Bubeck - Rick & Becky Bubeck
 John A. Brower - Robert & Barbara Brower
 Matthew Cameron Ferror - Ken & Louise Ferror
 Nick Koleff - Bob & Linda Dils



February Angel-versaries

Child—Parent, Grandparent, Sibling

Brian Patrick "Stew" Stewart - Joel & Connie Kempton
 Mark Kurtis O'Dell - Tim & Sandy O'Dell
 Mark Nordquist - Peggy & Tom Nordquist
 Michael Milton Earl Cattell II - Michael & Patricia Cattell
 Montgomery Alan "Monte" Mott - DeDe Mott
 Robert M. Walters III - Robert Jr. & Penelope Walters
 Zachary James Dyer - Rod & Kelley Dyer



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

Want to know what to reply when someone says,

**"It seems to me, --
 you should be getting over that
 by now?"**

How about the quote from William Shakespeare?

**"Everyone can master a grief
 but he that has it."**

*From the book by Martha Hickmah
 Healing After Loss*

Hope

**My heart has been broken.
 My soul has been crushed.
 My mind has gone to depths I never knew existed.
 Places where only God.
 In his most infinite Love, could understand.
 And I have hope that, in time,
 God will show me the way
 And give rhyme to my reason.
 So I wait in hope for a future
 And a new beginning.**

*~Kathleen Leeper
 TCF Valley Forge, PA*

A Sister's Love

When the visions around you
Bring tears to your eyes
I'll be your strength
I'll give you hope
For a sister's love never dies

I promise you never
Will you hurt anymore
I'll be your strength
I'll give you hope
For a sister's love never dies

Over and over your heart breaks
Without me in your life
I'll be your strength
I'll give you hope
For a sister's love never dies

I will love you forever
Even now that my life is through
I'll be your strength
I'll give you hope
For a sister's love never dies

You are never alone
My arms are always wrapped around you
I'll be your strength
I'll give you hope
For a sister's love never dies

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**There are things we don't want to happen,
But have to accept.
Things we don't want to know,
but have to learn,
and People we can't live without,
but have to let go ...**



Afterglow

By Helen Lowrie Marshall

I'd like the memory of me to be a happy one.
I'd like to leave an afterglow of smiles
when life is done.
I'd like to leave an echo whispering
softly down the ways,
Of happy times and laughing times
and bright and sunny days.
I'd like the tears of those who grieve, to dry
before the sun
And think of happy memories that I leave
when life is done."

(This poem was placed in our newsletter in memory of Pam Fortener's sister Sue. Sue made a beautiful stained glass art piece with this poem on it in memory of her Goddaughter Melissa Fortener, the daughter of Pam & Don Fortener.)

Suicide

By Sascha Wagner

Once were rich with life,
you were self-confident
and filled with beauty.

Until a darkness came
to seize your mind,
a force from out of silence,
an ache without a reason,
pain without a name.

What was this darkness that
would not be conquered?
What force, what reason,
What pain without a name
would use your hands
to take your life away.

Once you were rich with life,
you were self-confident
and filled with beauty.
Now we are left alone
without an answer.



**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.