THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO.1870

April 2025 NEWSLETTER Vol. 34 No.4

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

The shock and the pain blew me out of my world. All of the necessary activity of those days kept me connected with others, those who knew and cared. Then, all of the rituals of death were over.

Everyone went home. Their lives returned to normal.

Normal no longer existed for me. The regular world felt surreal. Everyone was behaving like they did before, and I was no longer a part of that world.

Surreal – real but not felt as real anymore. In most cultures, people are assumed to be in deep grief for the first year after a death, and then they emerge from that state, and slowly re-integrate into their community. Space is given for grief. Grief is honored and respected.

In this Western culture, grief gets immediate attention and then it's somehow supposed to be something to move past. People do not move past their past traumas. They grow larger emotionally to be able to know, feel, and remember their traumas while also becoming more capable of being present in their current lives. This is called Post-traumatic Growth. When people are allowed the space they need to grieve, when their grief is not curtailed, they will learn to hold both the painful reality of loss along with the love they still feel for the person who died. From there, their lives expand to hold both past, present, and future. Their emotional world deepens, compassion and wisdom grow.

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 24, 2025

7:00 pm

Topic: *April Showers bring Mother's Flowers*

...Post Tramatic Growth continued…

I am a psychologist specializing in working with people who have been severely traumatized. What I already knew about trauma helped me enormously when my son died. I let myself grieve deeply. I didn't try to 'move on'. I knew our culture's response to death was inadequate, superficial, and, at times, harmful to the grieving person. I keened, wailed, sobbed, and cried, the intensity coming down over time, naturally. Meanwhile, I knew I needed to integrate this loss into my life and future, so that my son's legacy in my life would be a good one, in honor of him. Deep grief makes those around us very uncomfortable. They want to fix it, make it better, and that actually makes it harder because it tells the grieving person that they're 'too much'. So, the grieving person has a choice – grieve alone or stifle the grief and maintain contact with others.

……..continued on page 2

This is a horrible dilemma, because when people are traumatized, they need the presence of others. They need good, warm, comforting contact with people who know and care about them. Human contact helps people heal. When there is no one around, the grieving person suffers in isolation or becomes numb to their own pain in order to stay in connection. Sadness slides into depression. Friendships become distant. Some people may feel the world isn't real anymore, or the world is real and they're not. Those are dissociative mechanisms – derealization and depersonalization. They are like circuit breakers in the nervous system, lowering the 'charge' by disconnecting the emotions.

Many people experiencing deep grief are also very familiar with the symptoms of PTSD, Post Traumatic Stress Disorder – intrusive thoughts, avoidance, numbing out, nightmares, problems with sleep. It would be helpful to take the "Disorder" off of that diagnosis. It's Post Traumatic Stress. It's a human response to trauma. It would be inhuman to not have a response to this kind of huge trauma. The responses are normal. The problem is finding ways to help calm the nervous system and integrate the all-too-intolerant emotions of loss, anguish, and try to build a life without someone who is now gone.

One of the common traps for people who have lost others is the "I should have" trap. "I should have known." "I should have been able to stop this." This is a normal first level thought process. It happens commonly right after the death. For a short time, it may be helpful, backtracking in the mind to find clues that may have been missed, or possible solutions that weren't tried, etc. That's a way the mind tries to learn what can be learned to prevent this from happening again. It normally goes away with time. However, sometimes it doesn't. Sometimes it gets stuck. When that happens, it's usually a wish in disguise. "I wish I had known." "I wish I had been able to stop this." The wish is real, and if it is experienced as a wish, it doesn't tend to cause distress. It expresses a truth – a wish that this loss could have been prevented. It can be harmful, however, if it's felt as a 'should'. "I should have known," and "I should have been able to stop this" turn into an assumption of omnipotence. None of us has that kind of all-knowing and allpowerful control. We are all simply human, doing our best with what we do know and actually can do, and that's limited. We do have influence over others, sometimes a lot. However, none of us has control over others. We just don't. So, we use our influence as best we can, and our knowledge and whatever power is available, and sometimes that's enough. And, sometimes it's not.

The feeling of everything being surreal that comes after the funeral, when everyone returns to their normal life, and we no longer have a normal life, marks the start of a new way of living in this world. We are part of it, and often feel apart from it. The challenge is to expand – to honor our grief, deepen our compassion for ourselves along with everyone else, and notice how we grow. Post traumatic growth is what we can do for ourselves, in honor of those we lost, so that their legacy in our lives is a good one.

~ published at compassionatefriends.org Jan 2025

~Lynette Danylchuk Lynette Danylchuk, PhD., is a Clinical Psychologist who has worked in the field of trauma and dissociation for over 30 years. She is a past president of the International Society for the Study of Trauma and Dissociation (ISSTD) and has received ISSTD's Lifetime Achievement Award. She has just completed the second edition of the book she and Kevin Connors co-authored, "Treating Complex Trauma and Dissociation: A Practical Guide for Navigating Therapeutic Challenges."

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48th TCF National Conference

The TCF conference is a place for bereaved families to find community and hope, while learning and sharing with others. Lifelong friendships are often made at the conference through meeting others who truly understand the painful loss of a child, sibling, or grandchild. This event will take place in Bellevue/Seattle, Washington, during the weekend of July 11-13, 2025.

More information and to register go to the compassionatefriends.org website.
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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

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Chapter website by Mica Glaser Jones: www.thecompassionatefriendsmiamicounty.com

Thank You for your love gifts!

- *Don & Pam Fortener in memory of daughter, Melissa Fortener McLaughlin.*
- *Rob & Bev Gardner in memory of son, Jeff Gardner.*
- *Barb King in memory of son, Joel King.*
- *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.*

LOVE GIFTS are monetary gift donations you can make to this Miami County of Ohio Chapter in memory of your child, grandchild, sibling or loved one. These gifts are used to help keep this chapter running by helping pay for newsletter printing, stamps, donations to meeting locations, care cards and outreach cards to the newly bereaved, the annual butterfly release/picnic, the Children's candlelight memorial, the website and so much more.

CHAPTER NEWS

Upcoming meetings:

Apr - April Showers bring Mothers Flowers
May - Father's Favorite Food

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Thank you to CHEVROLET OF TROY, WHO WILL BE DONATING $50.00 month to our chapter as their 1st quarter non-profit donation for 2025.

***Also, they will be hosting a TEST DRIVE FOR A CAUSE" on APRIL 4th from 4pm – 6pm with our chapter as the charity. We will receive $50.00 for every car Test Driven during that time.*

107.1 will also be there announcing the event.

Thank you to: POWER107.1 LP-FM Helping get information out about our chapter to help grieving families. EmPOWERing Local Non-Profit Organizations! Broadcasting From The Heart of Beautiful Historic Downtown Troy

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 Longyear – Kern & Pamela Carpenter
Malachi (Mack) Bell – Mark & Lori Bell
Amy Sue Snyder – Bev & Rick Snyder
Jason Carrie – Tonya Lee Carrie

ONE WEEK YOUNG

Seven long and lonely days have passed
Since you were born.
It is the anniversary of the day
You lay on my lap
Breathless.
And in your quiet beauty
I shall always remember
How perfect you were
And those few treasured moments
Of joy and pride
In knowing
That you would always be my son
No matter what.

~Bonnie Rabic, TCF, Jasper, GA

"Grief is nature's way of healing the broken heart.
There's no timetable, and emotions are as different as snowflakes or fingerprints.
It depends on the relationship with the loved one, the ability to handle stress and the support received.
But the only cure for grief is to grieve and there's no getting around the pain."

~Rabbi Earl Grollman, TCF, Valley Forge, PA

Sibling Page

SISTER'S PRAYER

Dear Lord,
Please hug my brother
as I often long to do.
Kiss his cheek and tell him
"Your sister's missing you."

Tell him of the memories
that dominate each thought,
of him and I together and
of the love that he once brought.

Tell him of the tears
that pour from my heart,
with the painful realization
that we'll always be apart.

Tell him that I'm trying
as hard as it may be
to move ahead, love again
and live successfully.

And lastly, Loving God,
make sure Anthony can see
how much I'll always love him
And how much he means to me.

~Johanna DeAngelis, TCF, Austin, TX

"Siblings will take different paths and life may separate them, but they will forever be bonded by having begun their journey in the same boat."

— Unknown

From a Sibling

"When you close your eyes and remember, don't forget that your sibling rests yet in you, in your heart and in your thoughts, in everything you do. They will never leave you alone. You have a listener at your beck and call. What a gift!" ~ from a Sibling.

FINDING HOPE

I found hope after meeting with others going through the same nightmare dealing with the loss of their sibling. They gave me the strength and courage to allow myself to be vulnerable, to accept that I did not need to go through this journey alone. I found hope when I realized I could help someone else simply by sharing what has worked for me. As well, I found hope by hearing what has worked for others

~ Keith Singer, Lori's brother Sibling Leader for TCF Staten Island Chaper

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.