



# THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

## MIAMI COUNTY CHAPTER NO.1870

September 2022 NEWSLETTER Vol. 31 No. 8

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".  
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### *Carry Me With You*

*From nature comes the secret of survival.  
While some will falter and fall from a perfect perch,  
others will rebuild their nest, once destroyed.  
While some give up without reason, others achieve  
greatness in the face of doom.  
Some will go on soaring...though left alone, gaining  
strength from the struggle of their flight.*

*Survivors seem to sense the sun behind the clouds,  
weathering the storm, just to glimpse a rainbow.  
On the wings of life are gentle currents and rough  
winds.  
Survivors float and fight as each day dictates, their  
hearts set determinedly on the horizon of hope.  
The light they follow is their will to live.  
The reward they receive is life itself.*

*I loved natures gifts, and the challenge they  
offered, the mountains, the forests, the snow, and  
the sea.  
Now as I guide you tenderly, in my absence.  
I watch proudly as you open the presents life gives.  
I see your strength, your kindness, your loveliness,  
and I smile.*

*~Author Unknown*



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

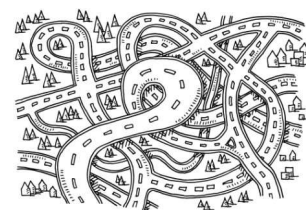
(located on the corner of Main and Third  
handicapped accessible, entrance by  
parking lot on W. Walnut St.)

Next Meeting: Sept 24, 2022

7:00 pm

Topic: Child's favorites - item, toy, food or  
something to share about your child.

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*Grief is a journey with no road  
map,  
but we can help each other  
learn how to navigate it.*

## Engulfed in Anger...

***"Anger entered my life one day like a giant beast clutching me in its paws. Day after day I awoke angry. I was angry throughout each day, and I went to bed at night angry."***

*~Betty Jane Spencer in memory of her four murdered sons.*

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Anger can and does engulf many of us As we grieve. There can be so many things to feel angry about, and so many people to be angry with.

It is normal to feel angry. Still, many of us find it difficult to admit we're angry, and others tend to ignore it, thinking it will go away on its own. It is important for us to recognize and come to terms with our anger. Hiding it or suppressing it only leads to other problems. Admitting that we are angry or upset and taking steps to deal with these feelings will help us move on in our grieving.

**The following suggestions for handling anger are taken from an article in the Morris Area, NJ, TCF Newsletter**

**CRY:** go ahead and let out the tears! They build up, and there's pressure. Let them flow! It's not immoral, it's not illegal, and it's not fattening to cry. The absolute worst that could happen is that you discomfort someone who doesn't understand. So What!

**SCREAM:** good and loud (also a pressure re-leaser) If you can't find a place to scream alone, please warn family members you're about to do it. (If you have a shower stall, scream as you shower.)

**SMASH:** choose something that doesn't matter and that won't hurt you: chipped dishes, cardboard box or carton, a broken something that you don't need. (Get china at garage sales.) Smash away, sweep it up and throw out the residue. The action of smashing lets off steam.

**POUND:** not to build something (but that's good, too,) just to let off grieving's energy. Take a hammer and pound on a tree stump, a board that doesn't matter, and old phone directory, a pile of newspapers. Perhaps choose by how much noise you need or can accept.

**RIP AND TEAR:** don't just toss away that junk mail. Reduce it to a million tiny pieces and then put them all into the garbage.

**SWEAR:** sometimes the "bad" words are the words that best fit how we feel. Be honest. After a few years you mostly won't feel so bad, and you mostly won't have to describe things that way. When you need to allow yourself.

**EXERCISE:** floor exercises, walking, bike riding, swimming, tennis....something that you enjoy that will use up energy. Start small and build up.

**BEAT:** find a recipe for old-fashioned, homemade fudge. No easy stuff with marshmallows and cream cheese. Make the kind you must "beat vigorously for ten minutes." That's an energy expender.

**SCRUB:** floors take downward pressure, and that seems to suit better than walls. And after you've scrubbed, you can always buff with paste wax. Monotonous, rhythmic, forceful activity may end up a plus – a clean floor.

**WORDS:** either aloud or to a friend who can understand and will listen, or on paper to share or not, as you choose. A private journal is great therapy!

**GRIEVING IS HARD WORK:** Sometimes a short spell of doing something physical helps us get through the tough stuff.

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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GIFTS FROM LAUREN

By Jane Campbell, TCF, Richmond, VA

Thank you for the many gifts you have given us during your short 32 weeks of life.

- The gift of *JOY*, with the news we were pregnant with you.
- The gift of *EXCITEMENT*, when we felt you move in the womb.
- The gift of *DREAMS*, watching you grow inside my tummy.
- The gift of *LAUGHTER*, from others feeling you move.
- The gift of *TOUCH*, being able to hold you for 13 ½ hours.
- The gift of *LOVE*, loving you always even though you are not on earth with us.
- The gift of *FRIENDSHIP*, as we make new friends on our grief journey.
- The gift of *COMPASSION*, trying to help other bereaved parents.
- The gift of *HOPE*, that we will hold you again some day.



CHAPTER NEWS

Upcoming meetings:

**\*\*Note front page for new location of meetings\*\***

- Sept** - *Child's Favorites*
- Oct** - *Getting ready for the Holidays*
- Nov** - *TBA*
- DEC** - *Children's Candlelight Memorial*

*Thank You  
for your love gifts!*

- ★ *Wanda Bailey in memory of Denise Bailey. \$47 for her 47<sup>th</sup> birthday.*
- ★ *We received \$375.00 from CHEVROLET of TROY from their TEST DRIVE FUNDRAISER.*
- ★ *Steve & Cindy Glaser in memory of Andy Glaser.*  
*(re-listed due to listed with typo in the Aug issue by editor)*
- ★ *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.*

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## Our Children Lovingly Remembered

### September Birthdays

Child—Parent, Grandparent, Sibling

Douglas "Jacob" Willoughby - Angela Willoughby  
 Douglas Ray Lavy - Robert E. & Sharon Lavy  
 Emillie Joyce Stapleton - Julie Martin  
 Heather Denise Bailey - Joe & Wanda Bailey  
 Mark Kurtis O'Dell - Sandy O'Dell  
 Mark Nordquist - Tom Nordquist  
 Matthew "Matt" Schaaf - Marlene Schaaf  
 Michael Guerra - Terry Guerra  
 Molly Elizabeth Murphy - Kerry & Sarah Murphy  
 Patrick O'Neill - Betsy O'Neill  
 Samuel Pearson - Randi & Carolyn Pearson  
 Silas Carver - Mary Anne Evans



### Where are you now?

where are you now  
 but in my heart  
 your voice clear in my mind  
 I know we're never far apart  
 mind to mind  
 heart to heart  
 and, maybe, if I'm fortunate,  
 soul to soul  
 we connect  
 you, watching over me  
 me, so unaware  
 but, oh, to actually see you  
 how you've grown and changed  
 still, oh, to embrace you  
 feeling your strength and youth  
 breathing in your life  
 now held only within  
 mind's eye  
 heart of hearts  
 and lonely soul

~Victor Montemurro  
 TCF Brookhaven in Medford, NY

### September Angel-versaries

Child—Parent, Grandparent, Sibling

Brad Allan Behymer - Linda Behymer  
 Chad Fisherback - Tammy Sackett  
 Lindsay Rose Donadio - Rick & Janell Claudy  
 Matthew Cameron Ferror - Ken & Louise Ferror  
 Michael Bundy - Tony & Vesta Bundy  
 Michael Daniel Mitchell - James & Marilyn Mitchell  
 Michael James McGuffey - Kathy McGuffey



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

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***I heard through the grapevine that you  
 think I'm bitter. Damn right I'm bitter!  
 I heard that you wonder if I'm not "stuck"  
 in the angry stage of grief. Damn right I'm  
 angry!  
 It's only been a few months. Who gave you  
 the right to decide how long I should  
 grieve?***

*(Taken from "The Unrealistic Expectations of Others" by  
 Mary Van Bockem whose daughter, Calie, died at age 3.)*

## My Brother, My Friend

I'll never hear your voice again,  
I'll never know your dreams.  
The laughter's gone forever,  
And my heart has lost a friend.  
My brother, my companion,  
                  my confidant and more.  
I know that I was fortunate  
That you were here at all.

I must go on...  
Because you would ask that of me.  
I must laugh again, and weep no more.  
You would expect that of me.  
I must forgive what happened...  
You would tell me to do so.

I must do everything good in my life, that I can.  
You would want that for me.  
And your example will give me courage.

Most of all, I will remember the good--  
The happy times,  
And replace the sad  
                  with the joyous ones to come.  
And your own life, and the memories,  
will show me the way.

You would want all these things...  
For in life, you were my older brother.  
The legacy you left  
Will always be part of me.

~Written by Keith Russell in memory of his brother,  
Steven Russell, who was murdered April 9, 1984

### *A poem by Ellie:*

*I know you walk beside me, In this journey we call life.  
I know you have long since passed  
But I feel your presence in my heart.  
I think of you so often, And always speak your name,  
For a sisters bond will never be broken,  
And you never heard these words spoken,  
But I miss you more with everyday  
And I know that memories of you are never far away*

*(Ellie's older sister Rebecca suddenly passed away on the 24th of April, 2008. She wrote this poem one night while thinking of her lost sister, and wanted to share it with the Brothers and Sisters readers. Brothers & Sisters Magazine (August/September 2011)*

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## Sibling Loss Resources

Modernloss.com

Opentohope.com/death-of-a-sibling

Tribecatherapy.com/5204/the-death-of-a-sibling-changes-everything

### **\*\*Note from editor:**

If you have lost a brother or sister and you have written a poem, a tribute or would like to share a story in their memory we would love to feature it in this newsletter. Please send to Jackie at [im4song@aol.com](mailto:im4song@aol.com) or Kim at [kbundy.tcf@gmail.com](mailto:kbundy.tcf@gmail.com) and put in the subject line For Compassionate Friends newsletter.



**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.