



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

May 2021 NEWSLETTER Vol. 30 No. 4

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
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Mother's Day Hugs



*Mother's Day is a day of appreciation
and respect.*

*I can think of no Mother more
desiring than a Mother who had to
give one back.*

~Erma Bombeck

*"There are some people who could hear you
speak a thousand words and still not
understand you. And there are other who
will understand without you even speaking a
word." - Yasmin Mogahed*

**We need not walk alone.
We are The Compassionate Friends.**

NEW NOTICE **Meetings return to West Milton**

Nashville United Church of Christ
4540 W State Rt 571
West Milton, Ohio.

**We will meet in the parking lot weather
permitting-please bring a lawn chair**

May Meeting: May 27th 7:00 pm

**Topic: Your child's favorite song/song that
reminds you of your child**



44th TCF National Conference Presented Virtually July 16 – 18, 2021

Save the Date! TCF's 44th National Conference will be presented virtually July 16-18, 2021. Although they would love for everyone to be together in person, we can still connect, support, and gather as a community through the virtual event. More details about TCF's three-day conference are coming soon, including number of sessions, registration prices, and earlybird prices and dates.



Making Mothers Day & Fathers Day Special

Here are a few hints to help you through these days after the loss of a child.

1. Pamper yourself-this is a special day in your life. You are a parent forever and your child is your child forever.
 2. Do what you need to do-what helps you. Grieve your way.
 3. Be with those who surround you with love, not demands or advice.
 4. Plan ahead-do things that make you feel good or give you a moment's peace.
 5. Start new rituals to make new memories.
6. Share your thoughts with family members; decide together what the day should include. (If you are alone, find a good friend.)
7. Include deceased children in the day-through prayer, lighting a candle, telling stories about them, looking through pictures, planting flowers or a garden, doing a good deed, writing about them, making their favorite recipe.
 8. Join with another bereaved family to honor this day and have mutual support.
 9. Start a garden or add to a special garden in memory of your child.
10. Use this day to plant spring flowers so you can always see your child in each bloom and each bouquet that you cut.
 11. Visit the cemetery if that helps your heart on this day.
 12. Plant a flower or shrub that will come to bloom this time of year.
13. Do something special for someone else or something special in your child's name (helping Cancer Care, MADD, a Compassionate Friends' Chapter, Scouting, a nursing home, etc.)
 14. Listen to music that makes your heart feel good.
 15. Cook some favorite recipes that your child enjoyed or cooked for you.
16. Buy a present for yourself from your child and enjoy the comfort it brings you.
17. Write a poem or article in memory of your child, sharing memories or whatever has helped you.
18. Attend a family gathering of relatives – their love and support can give you a lift on this day.
19. Make a booklet of favorite poems that help your heart, and give copies to dear relatives and friends in memory of your child.
20. Take part in a special church ceremony honoring Mothers Day and Fathers Day.
 21. Pray to your child-talking is the best medicine and prayer is simply talking.
22. Set aside some special time to grieve, unloading all the frustration and sadness that can envelop you on such a day giving you time to meditate alone.
23. Write a letter to your child, telling what's in your heart (perhaps some unfinished business or some new blessing that has enriched your life).
 24. Allow the tears to flow- crying is healing and allows a release for your feelings.
25. Think of a way to "share your child with the world"-making sure his or her memory lives on through scholarships, writing, good deeds.
 26. Give and get plenty of hugs.

~ Elaine Stillwell, TCF Rockville Centre, NYN

The Gifts You've Given Me

I left the need to know Why behind years ago.
 Instead,
 I practice finding peace with the inner turmoil,
 accepting the unacceptable,
 living my truth.
 You have given me the gift of uncertainty
 and thus, taught me to live in the Now.
 The fingers of your loss have quietly shaped me,
 molding away the sharp edges,
 my judgment of others,
 my innocence.
 You have given me the gift of Humility.
 You were a child,
 my child.
 Now you parent.
 Invisibly, quietly, from behind the veil,
 you show me the meaning
 of Life.
 You have given me the gift of Awareness.
 I am not the same.
 In losing you,
 I found my strength, my sorrow,
 my compassion, my
 Self.
 You have given me the gift of Suffering.
 These tears carry knowledge
 that through suffering came
 Understanding,
 and through understanding came
 Forgiveness,
 and through forgiveness came
 Love.
 You fluttered in my womb like a butterfly,
 and now you flutter in my soul,
 eternally a part of me.
 Eternally giving.

~Sara Therese, TCF Tucson, AZ, In Memory of Shawn

CHAPTER NEWS

Upcoming meetings:

- May** - *Your child's favorite song/song that reminds you of your child*
- Jun** - *To be announced*
- Jul** - *Butterfly Release & Annual Picnic*

NEED TO TALK TO SOMEONE?

A listening ear is sometimes the best medicine.

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

*Thank You
 for your love gifts!*

- ★ Mary Snyder for the Birthday Love Gift in memory of her son, Brent A. Snyder, 05/1953 -- 10/2005.
- ★ Kern & Pam Carpenter for the Anniversary Love Gift in memory of their daughter, Tasha Nicolle Longyear, 11/1978 -- 04/2008.

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.

“Tears shed for another person are not a sign of weakness. They are a sign of a pure heart.”

~Jose N. Harris

Our Children Lovingly Remembered

May Birthdays

Child—Parent, Grandparent, Sibling

Blaize Mansur - Stephanie Mansur
Brent A. Snyder - Claude & Mary Snyder
Erika Leigh Wetzel - Susan Wetzel-Philpot
Jacqelyn Elizabeth "Jackie" Ahlers - Bob & Peg Ahlers
Jared Michael Belcher - Kelly Belcher
Lindsay Rose Donadio - Rick & Janell Claudy
Michael James McGuffey - Kathy McGuffey
Randy Lee Hess - Kimberly A. Bundy



ONE YEAR AGO TODAY

One year ago today my life was shattered.
 Everything was gone. Everything that
 mattered.

Losing my son caused my life to crash.
 My heart crumbled, slowly turning to ash.

I miss your face. I miss your smile.
 You were my world. My only child.

I think of you every single day. Every lonely
 minute.
 I don't want this world, without you in it.

Now that you are waiting for me. I am not
 afraid to die.
 We will be together one day, and I will never
 have to cry.....again.

~Jeri Sweitzer.
 Mark "Markie" Sweitzer's Mom

May Angel-versaries

Child—Parent, Grandparent, Sibling

Bill Meadows - Fred & Pat Meadows
Blaize Mansur - Stephanie Mansur
Brent David Corn - Susan Hartrum
Brian Swartz - Lisa Swartz
Cody S. Pressler - Joe Miller & Tamra Pressler
David Allsbrooks - Brenda Slifer
Dominique Sims - Gina Williams
James C. "Jimmy" Skaggs - James & Bonnie Skaggs
Jeremiah Lee Bubeck - Rick & Becky Bubeck
Karen Kay Paschal - Linda Paschal
Kyle Alexander Quinn - Ken & Betty Quinn
Molly Murphy - Kerry & Sarah Murphy
Nick Koleff - Bob & Linda Dils
Ryan S. Thuma - Scott & Renee Thuma
Stephen Anthony Freeman - Tom & Kathy Freeman
Terry A. Baker, Jr. - Candy Ullery
Tony Robert Lavy - Robert E. & Sharon Lavy



*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*

*We talk about them because we were proud.
 We talk about them because they deserve to be remembered
 We talk about them because even though they are not
 physically with us, they are never far from our mind.
 We talk about them, because they are part of us, a part we
 could never ignore or disown. We talk about them because we
 love them still and always will. Forever.
 Nothing will ever change that.*

Scribbles & Crumbs

A LOVE LETTER TO MY CHILDREN

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

Mother of Sorrow

I hate to look at my mother
To see her in so much pain
Wrinkles hiding her countless tears
That would otherwise pour like rain.
I hate to see her hurt so much
But silently hold it in
Struggling to bear the heartbreak
When she knows that she can't win.
I hate to listen to her cries
Which she tries so hard not to show
Grasping on to everything
I wish she could let go.
I hate to watch her smile so bright
And know that it's all-fake
Sure she's "happy" every day
But she's acting for our sake.
I hate competing with the sorrow
And I can't bring back my brother
Drew is up there watching you
He's living, loving, and laughing—Mother.

~Kristy Sheldon, TCF Ashtabula, OH





**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.