



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO. 1870

JUNE 2021 NEWSLETTER Vol. 30 No. 5

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
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**Mark Your Calendars & Reserve a Butterfly
for
Your Child!**



**Annual Picnic & Butterfly Release
July 22, 2021
6:00pm
Nashville UCC Picnic Grounds**

Come join us for a peaceful evening picnic and butterfly release. Everyone is welcome including Family and friends. Look for the balloons marking the gravel drive that will take you back to the picnic area located a short distance west of the church, on the north side of St. Rt. 571. We'll be using the covered shelter which has plenty of picnic tables and benches. For comfort, you may want to bring along folding chairs so you can sit under the trees where it might be cooler. We provide plates, napkins, dinnerware, condiments, cups, drinks, ice and a variety of meat selections. Please bring a salad, vegetable, fruit dish, or a dessert to share with the group and include a serving utensil.-- **You are invited to bring your child's picture for the photo table.**

Please RSVP by July 8th if you will be attending the picnic to Kim Bundy (937) 573-9877 or email kbundy.tcf@gmail.com, so enough meat & dinnerware can be provided.

(Please provide your child's name, your name, phone number, and the number attending for this child.)

For those that would like to continue with our traditional balloon release, you are most welcome to bring your own balloon and send it up to heaven with your messages after the butterflies are released.

**June Meeting—June 24, 2021
7:00 P.M.**

Nashville United Church of Christ
 4540 W. St. Rt. 571, West Milton, Ohio
 Meetings are held in the basement of the church. Please park in the lot on the west side of the building. Enter the building through the door facing the west parking lot.

**Topic: Mother & Father's Day
sharing**

**No Regular July Meeting
July 22nd
Children's Memorial Picnic & Butterfly
Release**

**JUNE 20TH
FATHER'S DAY**

*Warm and sunny day in June,
Father's day.
Children, small and grown
give gifts to father
say thanks to father
say I love you.*

*But there are fathers
whose children are not here
to give gifts and say thanks
and say I love you.*

*Remember the fathers
whose children are gone,
because all too often
they grieve in heartbreaking silence.*

~from "The Poems of Sascha Wagner"

THE STATEMENT OF ONE BEREAVED FATHER
Written by Robert F. Gloor, M.D., TCF, Tuscaloosa, AL

I did not choose to become bereaved. Painful as it is, I choose to allow grief to work progressively in me.

I grieve because I love much; my child died but my love for my child didn't. Since I loved, and still love, very much, I expect my grief to be severe.

I realize that each person grieves differently, I accept that my wife and children will grieve differently than I do.

As a father and husband, I do have a responsibility to my children and my wife. I can best fulfill that responsibility if I grieve and allow them to grieve.

Grief, while very real, is not rational. I accept in others what appears irrational to me.

I am part of my family and humanity. I accept the irrational in my thought and actions.

Grief need not drive a wedge between me and my family. I choose to allow grief to strengthen our love for one another.

Unresolved grief continues to produce mental and physical symptoms. I must allow the grief process to proceed in me.

Crying is part of grief and is therapeutic; it is not unmanly to cry. I must allow myself to cry, even openly.

Grieving does not answer the question "Why?". Since there is no acceptable answer, I must accept the unanswered questions.

My child was a person, is now a person and will be a person in the future. I can never forget my child.

I cannot return to the normal that existed before my child's death. I must go on to what is now to be normal for me.

Getting on to a new normal does not mean forgetting my child. My child remains in my thinking and my talking now and will in the future.

I cannot be grateful that my child died. I am grateful that my child lived and I choose to express that gratitude.

I cannot forget the events surrounding the death of my child. I choose to recall the happy memories associated with my child.

If I allow it to, by my grieving, time will produce a healing. I realize that healing does not mean forgetting my child.

I could not control the past, which included the death of my child. I do have some control over the future as I build the future with my family.

My child's death did not happen so that I might become a better person. I choose to allow my child's death and my grief to make me a better person.

I did not understand before I joined the fellowship of the bereaved. I choose to become more understanding, tolerant and compassionate now.

My grief has created and brought out many emotional needs for me. I can help meet those needs by meeting the similar needs of others.

My spiritual beliefs did not die with my child. I choose to use them to help me through these difficult years.

Questioning those beliefs and values is not wrong. I must, as a result of my questionings, strengthen my belief system.

I did not choose to become bereaved. I choose to allow good to come out of what is now so severe for me.

TCF's 44th National Conference will be presented virtually July 16-18, 2021.

Although they would love to have everyone be together in person, we can still connect, support, and gather as a community through the virtual event.

COMMENTS FROM THE 2020 VIRTUAL CONFERENCE

"The Conference meant so much to me. It was beautifully presented. I will always be grateful that I was able to attend." – 2020 Virtual Conference Attendee

"I am very grateful for all your hard work putting together such an amazing 3 day event. I am newly bereaved and this conference was that ray of sunshine that I needed. The Compassionate Friends conference has given me tools that I didn't even know I needed to help me ease some of this pain in my heart." – 2020 Virtual Conference Attendee

REGISTRATION NOW OPEN

Earlybird Registration (register by June 18) – \$80

Regular Registration (after June 18) – \$95

To Register go to the Compassionate Friends National website and follow the directions for the conference information and registration.

To Keep his children safe

*Daddy carries this heavy burden,
Feeling failure, at best,
Because he could not keep his child
From his final rest.
So, love him,
Encourage and lift him up,
So he'll know we're here for him
As he drinks from this bitter cup.*

Linda Camper, TCF, Norma, OK

CHAPTER NEWS

Our Chapter Leader, Kim Bundy, has been doing a wonderful and dedicated job of keeping our Chapter strong and here for the new and old members alike for support in the pain that so many outside our Chapter think should just go away. Kim could use a Co-leader to share some of the responsibilities of this leadership position. Call Kim at 573-9877 and let her know that you are willing to keep us strong together.

Upcoming Topics:

June – Mother & Father's Day sharing

July – No regular meeting-Children's Annual Memorial Picnic and Butterfly Release

THANK YOU

for your love gifts!

★ 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.

**We are saddened to announce the passing of Theresa Fox, member of Compassionate Friends. In addition to her mother, Theresa is survived by her husband: Daniel L. Fox; daughter: Amber Renee Fox; brother: Jeff Littlejohn; grandchildren: Laila Borger and Lily Fox, all of Troy. In addition to her father, Theresa was preceded in death by a son: Brandon L. Fox.*

Our Children Lovingly Remembered

June Birthdays

Child—Parent, Grandparent, Sibling

Antonio McLean - Vera McLean

Bryan Colon - Yndra & Barbara Guerra

Christian Michael Copits - Richard & Beverly Copits

Danny Gene Winchell - Sally Entingh

Emmett Andrew Blackford - Caitlin Blackford

Jerrid Younker - Susan Fogt

Jerrid Younke - Frank Younker

Karen Kay Paschal - Linda Paschal

Linda Kimerling - George & Harriet Holbert

Stephanie Rain - Ed & Kathy Sams

June Angel-versaries

Child—Parent, Grandparent, Sibling

Alex J. Ritchie - Joel & Diana Ritchie

Andy Glaser - Steve & Cindy Glaser

Billy Ladd - Ronald Ladd

David Alan Vollette - Dave & Cheri Vollette

Emmett Andrew Blackford - Caitlin Blackford

James Robert Harry Gamble - Sheila Gamble

Jared Michael Belcher - Kelly Belcher

Jeff Binkley - Jane Binkley

Jessica Back - John & Roberta Back

Kaitlynn Ariana Yvonne Preston - David Preston

Larry Todd Cavanaugh - Linda & Larry Cavanaugh

Matthew Shane Conover - Sandra Conover

Michael David Rhoades - David Rhoades

Michael Guerra - Terry Guerra

Nan Marie Hendrix - Jo Hendrix

Scott Miller - Marilyn Miller

Silas Carver - Mary Anne Evans

Susan Eileen Lawrence - Barb Lawrence

Taylor Davis - Barbara Davis

Remembering the person I have
loved

Allows me to slowly heal.

Healing doesn't mean I will forget.

Actually, it means I will remember.

-Donna Morgan

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

NOW for book review....

"Hope for the Troubled Heart"

by Billy Graham

Stress, Loneliness, Illness, Depression, Tragedy, Death, in the midst of the pain that afflicts us all comes a promise of Hope for the Troubled Heart.

On a personal note this was one of the many books I read following the sudden death of our daughter from a car accident. This book and the words of Billy Graham gave me hope and comfort. I will always be thankful for Rev. Graham for this book and many others he has written.

This book and many others are available in our chapter library.
Book review submitted by Jackie Glawe (Jordan's mom)



10 Things Everyone Should Know About Siblings & Grief

S i b l i n g P a r t e

1) Sibling grief is often misunderstood—by parents, families, friends, and counselors, even by the siblings themselves. So much focus is given to the parents of the lost child, to the children of the lost parent, to the spouse of the lost adult sibling. And, rightly so. But, what about the siblings? What about the ones who, like me, have grown up with the deceased? Who believed they would have a lifetime with their sister or brother. Who now face that lifetime alone?

2) Sibling grief “has been almost entirely overlooked in the literature on bereavement.” – It’s no wonder, therefore, that even mental health providers misunderstand sibling grief. How are families supposed to know how to help siblings through grief if even the research on the subject is lacking.

3) Common emotions siblings may feel when a brother or sister dies include:

Guilt - Abandonment - Loss of Innocence - Fallout from the Family - Somatic Symptoms - Fears and Anxiety.

4) Siblings may feel “trumped” by the grief of other family members. I sure felt this way, and it’s common, since the focus is usually on the parents if a young sibling dies and on the surviving spouse or children if an older sibling dies. This may lead to minimizing a sibling’s own loss.

5) Young siblings lose innocence when a brother or sister dies, which may lead to fears and anxiety; “Survivor guilt” is also common. Experiencing death as a child becomes a lifelong experience of processing and understanding the loss. Children grow up with grief, understanding more as they get older. Fear of death or dying is common. Anxiety or worry about getting sick may become prevalent. In young siblings, guilt for provocative behavior or for unacceptable feelings (jealousy) is common. Young children may think, before the death, “I wish my brother were dead!” then believe they somehow caused it to happen. Older siblings may wonder, “Why them and not me?” Because siblings are usually similar in age, it can bring up many questions about the sibling’s own life and death, and guilt along with it.

6) Surviving children do, unfortunately, end up taking the fallout from parents’, siblings’, or other family members’ mistakes, emotional blowups, or neglect. In many ways, siblings often experience a double loss: the loss of their sister or brother, and the loss of their parents (at least for a time, but sometimes, permanently). I know this from experience. Though my parents did the best they could, after my youngest sister died, our entire family was different. My mom retreated into her own grief, staying in her room, depressed and sick for years. My dad retreated into work and anything to take his mind from his pain. Luckily, I was already on my own, in college, at the time; my younger siblings weren’t so lucky. At 9, 11, 14, and 17 years old, they grew up with a completely different set of parents than I had. I tried to step in as a “parent” figure over the years, but the separation from my parents in their time of need profoundly influenced their lives. It profoundly influenced my life. It profoundly changed our family.

7) Siblings may manifest somatic symptoms of grief, including symptoms that mimic the deceased sibling’s symptoms. Especially in young children, symptoms like stomachaches, headaches, nightmares, body pain, digestive symptoms, and trouble sleeping are common. These should be seen as symptoms of grief, and hopefully, an adult in the family can help siblings work through their feelings and show them how to grieve.

8) Having someone explain the loss to younger siblings, to be there for them and help them grieve, is ideal. Little children don’t comprehend death in the same way adults do. It is therefore important to have somebody who can walk them through the loss and the grief process, to explain it wasn’t their fault, to validate what they feel. If parents aren’t able to do so, another family member or friend may, and hopefully will, step in.

9) Even adult siblings will feel the loss deeply. The pain isn’t less simply because you’re older. In fact, in many ways, it’s harder. You understand more. You know what it means to die, and you will feel the pain of the loss in a different way than young children, who still haven’t developed abstract thinking and understanding, will. Grieve your loss. If you’re not sure how, here are some ideas.

10) My best advice for siblings in grief: Feel the loss as long as you need to, and give yourself time to heal. Because sibling loss is so misunderstood, you may receive messages that make you feel like you should be “over it by now.” They don’t know sibling loss. Now, you do. It takes time. Lots of time. It’s not about “getting over” the loss of a sibling. You don’t get over it. You create your life and move on, when you’re ready. But you will always remember your brother or sister—the missing piece of your life.

~Dr. Christina Hibbert – Overcoming.Becoming.Flourishing



**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.