



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO.1870

August 2022 NEWSLETTER Vol. 31 No. 7

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
Chapter Leader: Kim Bundy, 1870 Westwood Rd, Troy, OH 45373/573-9877 kbundy@tcf@gmail.com
Editor: Jackie Glawe, 2445 N. Mntgmry Co. Line Rd., Tipp City, OH 45371/478-3318 im4song@aol.com

National Office - THE COMPASSIONATE FRIENDS, INC. - 48660 Pontiac Trail #930808 Wixom, MI 48393 - Ph. (630) 990-0010 or toll free (877) 969-0010 www.compassionatefriends.org - e-mail: nationaloffice@compassionatefriends.org.

Why Butterflies?

Since early times, the butterfly has symbolized renewed life. The caterpillar signifies life here on earth; the cocoon, death; and the butterfly, the emergence of the dead into a new, beautiful and freer existence. Frequently, the butterfly is seen with the word "Nika," which means victory. Elisabeth Kubler-Ross movingly tells of seeing butterflies drawn all over the walls of the children's dormitories in the World War II concentration camps. Since Elisabeth believes in the innate intuitiveness of children, she concludes that these children knew their fate and were leaving us a message. Many members of The Compassionate Friends embrace the butterfly as a symbol—a sign of hope to them that their children are living in another dimension with greater beauty and freedom—a comforting thought to many.

Taken from The Compassionate Friends Chapter Guide

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: Aug 25, 2022

7:00 pm

Topic: It's OK to not be OK

Thank you to the steering committee and everyone who helped bring the annual picnic & butterfly release together in July.

*Grief is like weeding in a garden
in the summer.
You have to do it over and
over...*

until the season changes

*~Fay Harden, Tuscaloosa, AL
taken from
the National Newsletter of BP/USA,
A JOURNAL OF GRIEF, Summer 2011
www.bereavedparentsusa.org.*

AFTERGLOW

We came to the beach in Florida intending to watch the sun set over the Gulf. The sun had already disappeared over the horizon, apparently lost beyond the waters. After a brief period, emerging from where the sun had set a brilliant afterglow arose, seemingly covering the sky with a glowing, pulsating display of gold.

I was struck by the spectacular beauty emanating from the sun already gone from view. Involuntarily I thought, just like our children? When the sunshine of their lives disappeared, we expected eternal darkness to remain. After our initial period of grief, we find that each child has left an afterglow – the memories of the beauty and joy of their lives brought to us.

It is incumbent upon each of us left on the beach of mortal life – to allow ourselves to maintain that afterglow and continued to bring meaning to the “suns” of our lives who have disappeared from view.

Hopefully we can help one another honor our children’s lives by perpetuating their afterglow with our own meaningful lives of hope, optimism and peace.

~Toba S. Cohen, TCF, Bustleton, PA



LIVE ONE DAY AT A TIME

By Rabbi Earl Grollman
From “Living When a Loved One Has Died”

Memories—
tender, loving, bittersweet.
They can never be taken from you. Nothing can detract from the joy and the beauty
you and your loved one shared.
Your love for the person
and his or her love for you
cannot be altered by time or circumstance.
The memories are yours to keep.
Yesterday has ended,
though you store it in the treasure-house of the past.
And tomorrow?
How can you face
its awesome problems and challenges?
It is as far beyond your mastery
as your ability to control yesterday.
Journey one day at a time.
Don’t try to solve all the problems of your life at once.
Each day’s survival is a triumph.

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

BUT IT HURTS - DIFFERENTLY

By Earl A. Grollman

There is no way to predict how you will feel.

The reactions of grief are not like recipes, with given ingredients and certain results.

Each person mourns in a different way.

You may cry hysterically. Or you may remain outwardly controlled, showing little emotion.

You may lash out in anger against your family and friends, or you may express your gratitude for their concern and dedication.

You may be calm one moment - in turmoil the next. Reactions are varied and contradictory.

Grief is universal. At the same time it is extremely personal.

~taken from
the National Newsletter of BP/USA,
A JOURNEY TOGETHE, July 2009
www.bereavedparentsusa.org.

CHAPTER NEWS

Upcoming meetings:

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

Aug - *It is OK to not be OK*

Sept - *Child's Favorite Food*

*Thank You
for your love gifts!*

- ★ Kathryn & Ed Sames in memory of Stephanie Rain.
- ★ Karen & Shane Fisher in memory of Chloe Beaton.
- ★ Steve & Cindy Glaser in memory of Andy Glaser.
- ★ 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.

- ★ Do you have a story or poem to share about your child? Or a siblings story/poem.
- ★ Do you have something to share about your grief journey? Your struggles, your hope?
- ★ We would love to include them in the newsletter.
- ★ Send to Jackie Glawe at im4song@aol.com.

Our Children Lovingly Remembered

August Birthdays

Child—Parent, Grandparent, Sibling

Adam Douglas Cheadle - Gary & Elaine Meyers
Brian Keith Willis - Keith & Linda Willis
Brian Patrick "Stew" Stewart - Joel & Connie
Kempton
Cassandra "Cassie" Campbell - Dawn Duff
Chad Fisherback - Tammy Sackett
David Allsbrooks - Brenda Slifer
Jill Myers - Sandra Saurber
Leslie M. Turner - Randy & Debra Turner
Lydia Herrick - Patty Herrick
Matthew Shane Conover - Sandra Conover
Nicole Barker - Rod & Kathy Barker
Ryan S. Thuma - Scott & Renee Thuma
Shaun Bradley Duff - Michael & Catherine Duff
Tony Robert Lavy - Robert E. & Sharon Lavy



August Angel-versaries

Child—Parent, Grandparent, Sibling

Brad M. Massie - Barbara Massie
Christine Taylor - Ann Anderson
Denise R. Brown - Darlene N. Brown
Grady Lyons - Jason & Kristi Lyons
James Hatfield - Betty White
Jill Myers - Sandra Saurber
John A. Brower - Robert & Barbara Brower
Jordan Elizabeth Glawe - Jeff & Jackie Glawe
Samuel James Barga - Linda Barga
Sara Krum - Faith Krum
Stephanie Rain - Ed & Kathy Sams



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

T.A.P.S.

T.A.P.S. (Tragedy Assistance Program for Survivors) offers help, hope and healing to all who are grieving the death of a military or veteran loved one, regardless of the relationship to the service member or the circumstances or cause of death.

If you are grieving the loss of a fallen service member, or if you know someone who can use our support, the TAPS 24/7 National Military Survivor Helpline is always available toll-free with loving support and resources at 800-959-TAPS (8277).

www.taps.org

What enriches our lives is not how long we have with a person, but the depth of love we are fortunate enough to share

Ask Dr. Paulson...

Mary A. Paulson, PhD, is a bereaved sibling as well as a child and adolescent psychologist at Harding Hospital in Worthington, Ohio. Her question and answer column, aimed at bereaved siblings was previously featured in the quarterly TCF national magazine, *We Need Not Walk Alone*, Autumn, 2007

QUESTION: I am 35 years old and my only brother passed away this past May at age 27. It was a sudden death – he wasn't physically sick – he was found by my mom in his room on the floor. I haven't had any bereavement counseling for the loss of my brother, but I have been reading a lot of books.

I have lost others close to me – grandparents, friends – but the loss of my brother has just crushed my whole world. I have good days when I can talk about him without breaking down, but on other days I think of him and can't control my tears. The loss of my brother was very devastating to all of us, my parents as well as me. Since I'm the oldest and now the only child, I feel it is my duty to take care of my parents, and if I don't then I'm a bad daughter. However, I've been scolded by my best friend that I need to take care of myself as well. How do I continue to do that without feeling selfish and disloyal to my parents and my brother?

ANSWER: Once tragedy strikes, the family unit begins to function differently. Although you have always been the oldest child, your world has now made a big shift to being an only child. Your tears demonstrate the depth of relationship you shared with your brother, and that relationship doesn't end. As time passes, you'll notice you have more "good days," when you think of the good times and smile at your memories. You can't share the day-to-day experiences with him, but he will always be your brother.

(Answer continued...)

You will always be the person who grew up his older sister – the person you became by knowing him, caring for him, playing with him, and loving him. That doesn't ever stop or end. You are not being disloyal to him for having good days. I believe he would still want you to have as much comfort, joy and laughter in your life as possible – even though he cannot be the source now. Part of caring for yourself is allowing yourself to experience the good days as well as those days when you realize how much you miss him. At the same time, it sounds like you have a desire to share time with your parents too. This doesn't mean you need to become responsible for their moods or emotional well being. Instead, take the opportunity to share yourself, your love, and your family connections with your parents. Establish a new, stronger, more supporting, and loving relationship with the family that has loved you and grown with you through all the ups and downs thus far in your life.

My Sister Watches Over Me...

My sister's up in Heaven
Not underneath this stone
Not buried in the ground
All quiet and alone.

She's with the other angels
As happy as can be
And from her lofty window
She watches over me.

And so I bring her flowers
She'll see them from above
For though I cannot see her
My heart can feel her love.

~Jessica Bryan, TCF, Augusta, GA



**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.