



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO.1870

December/January 2021-2022 NEWSLETTER Vol. 30 No. 11

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. Mntgmy 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.

Candlelight Memorial Service

3:00 pm

Sunday December 12, 2021

Zion Lutheran Church

Main and Third Street

Tipp City, Ohio



***RSVP Required
By Dec 8th***

Every year anyone that has lost a child, sibling, or grandchild is invited to join in a service of remembrance. We celebrate our loved ones' lives through the lighting of candles in their names. After the candle lighting service in the church, we will have a reception dinner downstairs. Meats will be provided. Those attending are asked to bring something to share -a salad, vegetable dish, or a dessert of your choice. Photo's for slide show and/or display Again this year!!! We will have a slide show of our children's photos playing during the dinner. If you would like to have your child's photo in the slide show please email the photo to Kim at kbundy.tcf@gmail.com by December 8th. Please include the child's name, your name, and phone with the photo. Pictures will be returned. (If you provided a picture last year, you do not need to submit another one unless you would like to provide a different picture for this year.) We also welcome you to bring a photograph of your child and/or other memorabilia for the display area set aside in the reception room at the dinner.

No regular Dec meeting

due to

Candlelight Memorial Service

Dec 12th, 3:00 pm

Next Meeting: January 28, 2022

7:00pm

Topic: Question cards

Give a new children's book in memory of your child.

We are also collecting new children's books to be taken to Children's Medical Center. These books will be distributed to children while they are treated at the center. You may donate the book in memory of your child with a written note inside the book if you would like. What a great way to do something in your child's memory to help other children!

If you plan to attend the Memorial Service and didn't sign up at the meeting, please call or email Kim Bundy at 937-573-9877, email kbundy.tcf@gmail.com no later than December 8th.

Need set up help.

Volunteers are needed to help set up for the Memorial Service. Set up will be held at 3:00 pm on Saturday, December 11th. If you can help, please contact Debbie Turner (667-4761). Volunteers are invited to join up at Hinders for something to eat and drink after set up. We appreciate all that are able to assist in set up.

Thank you

January Remembrance

The bitter cold tears into my heart just as your tragic death has ripped my soul apart. I've always disliked the frigid winter month of January even though it is my birthday month. Your death date, one week later, now makes it an unbearable time for me. If I could hibernate bear-like through these winter months, I surely would do so.

I listen to the words of special oldie song entitled, "And I Love You So," that resounds the pain my heart endures daily. The words seem to express a cry from the bottom of my broken heart. "And I love you so... The people ask me how --- I've lived 'til now... I tell them I don't know... I guess they understand... How lonely life has been..." A song sung many years before by Bobby Goldsboro, who ironically wrote the namesake song for our son. "Watching Scotty Grow." Though it was meant to be a romantic song, the words echo in my saddened heart. This month marks 3 years since the unexpected, horrific death of our oldest son, Scott, one week before his 24th birthday from suicide.

I pray he sees and knows of his namesake, Evan Scott, born 17 months ago to his precious friend, Jenny. I know I have healed in many ways, and yet acknowledge a journey waiting to be traveled. I have chosen life, not merely an existence, but a quality time to be shared with family and close friends. The future... your brother, Kevin's trip to Hawaii to see Pearl Jam in concert, the long-awaited wedding of your sister, Michelle, in September, and little Katie's entry into Kindergarten. I believe you will share in all of these special moments in your own way!

I expect of myself what I would have wanted my son to have strived for, had he been the surviving loved one. The best we can be... not an easy accomplishment for a person struggling through bereavement. I look for the sunlight in everyday joys and hold those moments dear to my heart. They strengthen me in darker, weaker moments of sadness. Little steps, baby steps, but slowly... yet surely... PEACE... as I pray... Dear Scott, forget me not.

Loving you Always,
Mommy

~Charli Johnston, TCF, Livonia, MI

...That their Light May Always
Shine...

Candles Will Glow Around the World

Sunday, December 12th, 2021

7:00 pm, in every time zone

Light a candle for all children who have died.

The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor and remember children who have died at any age from any cause. As candles are lit at 7p.m. local time, hundred of thousands of people commemorate and honor children in a way that transcends all ethnic, cultural, religious, and political boundaries. TCF has chapter all over the world. As candles burn down in one time zone, they will be lit in the next so that candles will be burning in memory of our children through the entire 24 hours on December 12th.



CHAPTER NEWS

Upcoming meetings:

Dec - Candlelight Memorial Dec 12th in Tipp City
Jan - Question Cards

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

*Thank You
for your love gifts!*

- ★ Harry & Vera McLean for the Christmas Love Gift in memory of their son, Antonio McLean 06/1972 -- 04/2003
- ★ De De Mott for the Love Gift in memory of her son, Montgomery Alan "Monte" Mott, 10/1973 -- 02/2001.
- ★ 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.

*The Best thing to Hold
onto in Life is Each Other*

— Alice Through the Looking Glass

Our Children Lovingly Remembered

December Birthdays

Child—Parent, Grandparent, Sibling

David Alan Vollette - Dave & Cheri Vollette
 Denise R. Brown - Darlene N. Brown
 Justice Meade - Sue Brown
 Justice Meade - Jenni Warner
 Melissa Fortener McLaughlin - Don & Pam Fortener
 Nicholoas Drake Duff - Jonathon & Regina Duff
 Robert M. Walters III - Robert Jr. & Penelope Walters



January Birthdays

Child—Parent, Grandparent, Sibling

Andy Glaser - Steve & Cindy Glaser
 Bob Risko - Joe & Maggie Risko
 Camella "Cami" Kelly - Elizabeth Kelley
 Grady Lyons - Jason & Kristi Lyons
 Jeff Binkley - Jane Binkley
 Jonathan Lillard - Kellie & Ralph Lillard
 Josh Eversole - Steve & Valerie Thorn
 Kyle Alexander Quinn - Ken & Betty Quinn
 Michael Daniel Mitchell - James & Marilyn Mitchell
 Michael Milton Earl Cattell II - Michael & Patricia Cattell
 Nan Marie Hendrix - Jo Hendrix
 Roy "Rusty" Phillips - Carol Weddington
 Samuel James Barga - Linda Barga
 Sara Krum - Faith Krum
 Shawn Edward Smith - Marcia Nowik

December Angel-versaries

Child—Parent, Grandparent, Sibling

Brian Keith Willis - Keith & Linda Willis
 Bryan Colon - Yndra & Barbara Guerra
 Christian Michael Copits - Richard & Beverly Copits
 Claire Landis - Matt & Chelsea Landis
 Danny Gene Winchell - Sally Entingh
 Jonathan Lillard - Kellie & Ralph Lillard
 Kevin Michael Harshbarger - Kenneth & Carolyn Harshbarger
 Matthew "Matt" Schaaf - Marlene Schaaf
 Randy Lee Hess - Kimberly A. Bundy



January Angel-versaries

Child—Parent, Grandparent, Sibling

Adam Douglas Cheadle - Gary & Elaine Meyers
 Bob Risko - Joe & Maggie Risko
 Camella "Cami" Kelly - Elizabeth Kelley
 Christopher William Heiss - Nancy Heiss-Royer
 Douglas "Jacob" Willoughby - Angela Willoughby
 Elizabeth Flory Duff - Ann Flory
 Emillie Joyce Stapleton - Julie Martin
 Harley Ludwig - Warren & April Hawkins
 Jeffrey Scott Bernard - Don Bernard
 Justin David Shoemaker - Dave & Jonnie Shoemaker
 Kevin Frinfrock - Terry Frinfrock
 Kyle L. Bryan - Jeanette Bryan
 Matthew J. "Matt" Karl - Bob & Fran Karl
 Melissa Fortener McLaughlin - Don & Pam Fortener
 Noah Derick Trader - David & Amy Trader
 Nicholoas Drake Duff - Jonathon & Regina Duff
 Nicole Barker - Rod & Kathy Barker
 Shaun Bradley Duff - Michael & Catherine Duff
 Stephanie Roselle - Cindy Berry
 Will Mohr - Valerie Mohr

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



Holidays Used to Be a Wonderful Time of Year

By Bob Baugher, PhD



It used to be that holidays were a wonderful time of year. But the death of a child may have changed how you handle the last few weeks of the year. In this article we will look at how bereaved parents have coped during the months of November and December in the first years following the death of their children.

The best way to learn is to ask bereaved parents what has helped them in the past during those two rough months.

Here's what some of them told me: *On December 23, four of us couples met at the cemetery where our children are buried and we had a short ceremony at each child's grave. We each brought a coffee can with a candle inserted in it and something to read, such as a poem or letter to our child. We lit the candles, did our reading. In this way, it signified that our children were with us. We left the candles and coffee cans and picked them up the next day. Years later, it continues to feel good to look forward to taking one day out for our children – to honor our children. As we finish at the last grave we do a closing ceremony (such as holding hands or singing a song). Afterward we go out to dinner.*

Perhaps you're not ready to do anything. Here is what one mother said: *What helped me during the holidays was absolutely refusing to smile and refusing to carry on the usual traditions. I did what was comfortable for me. My relatives didn't seem to like it; but I was a mess and I just couldn't bring myself to do any sort of so-called "celebrating". The first year, I actually stayed by myself. The second year, I scheduled myself to work. Next year, I may either do volunteer work or head to Canada – no Thanksgiving!*

Here is what a couple has done since their son died six years ago: *The first year, I went to the mall to buy people things. I walked into the stores, looked at items, picked them up, and put them back. I walked out of store after store, frustrated. So, I didn't get anybody anything the first year. The next year, I went to a craft store and bought a large candle, a little artificial tree, miniature lights, and decorations. We put the candle and tree in our kitchen, where we spend the majority of our time. The candle stays lit all day. Over the years, we buy ornaments that remind us of our son. At holiday dinner, just before we eat, we each go around and say the name of a person who died. But we have learned to do it quick before the food gets cold. Then as we're eating we say, "Remember when...? Sometimes our food gets a little salty, but it's worth it. It's like our son is there with us. The first time we did it, a couple of people were uncomfortable, but once they got into it, it was OK.*

A mother whose daughter died eight years ago suggest the following: A stocking is hung for each person in the family, including my daughter. Into her stocking, family members put notes stating what she taught them. The notes are read after dinner. It is a wonderful way to talk about her life and acknowledge what she meant to us.

A Couple whose son died four years ago shared their experience of the first three years; During the first Christmas, my daughter thought she would help by keeping me busy shopping for her three children. There I was pushing a cart with a gift list of toys and tears streaming down my cheeks. All I wanted to do was crawl in a hole and pull everything with me. I'm not sure how we made it through the holidays, but we eventually realized that things would never be as they were before. The other family members thought they were helping, but we had to decide for ourselves what was best. The Second Christmas was the hardest. On Christmas Eve (continued on next page)

(continued from Holidays Used to be a Wonderful Time of Year by Bob Baugher, PhD)

we went to church and to the cemetery, and on Christmas day we delivered our gifts and spent the day alone. We were feeling sorry for ourselves, but that's all we felt we could do at the time. The next year, we decided to do something for others. I called a nursing home and asked the director if she needed any help serving the holiday meal. She was very excited to have us. A few days before, we had our grandchildren over and, instead of making cookies, we made table favors, including cards, candy, and ribbons. On Christmas day, we dressed in our Santa hats and headed to the nursing home. When we arrived, we were greeted with smiling, appreciative faces. We served their breakfasts and many of the residents took us back to their rooms to see their gifts and family pictures. While honoring the memory of our son, we forgot our grief that Christmas Day.

Let me leave you with some holiday stress-relievers:

1. There is not enough time for everything. Ask yourself, "What am I willing to give up?" and then, let these things go.
2. Practice saying "no" to the things you do not want to do. Here are versions of the same message: "No thanks." "I just can't." "I won't be doing it this year." "Sorry." Remember, when, you say "no," you don't have to give reasons.
3. Plan ahead. Make yourself sit down and write out your "things to do" list. Then go through it and, as mentioned in No. 1, ask yourself, "What can I omit?" Also, arrange your list in priority fashion, putting the most important things at the top of the list.
4. If you must purchase gifts, ask yourself, "How can I do this with the least amount of stress?" For example, consider buying over the internet or asking someone else to pick up the gifts. Consider giving money as a gift, or having a family lottery where each person picks a name from a hat and buys only that person a gift. Try one of these ideas next year as an experiment, just to see how it works.
5. Start early. Pick a date to complete many of your obligations. Don't put them off. Remember how crazy last-minute stuff can be? You don't need any more craziness in your life.
6. Do not rely on your memory to keep track of things to do in your life. Presume you will forget things and write everything down in a notebook, calendar, or appointment book.
7. Ask yourself, "How can I work smarter, not harder?"
8. And finally, ask yourself, "In what ways do I wish to keep things the same and how do I want to change things?"

As you finish this article you might be saying to yourself, "Yes, there were a couple of good ideas. I should try them sometime." Quick! Make a copy of this article Underline the parts you found helpful. Place it in your new planner so you can see it early as a reminder of helpful ways to get through the holidays. I'm willing to bet that your child would agree with me. So get started, OK?

Regards, Bob

Bob Baugher is a psychologist and certified death educator who teaches courses in Psychology and Death Education at Highline Community College in Des Moines, Washington. Bob is co-author with Marc Calija of the book, "A Guide to Understanding Guilt During Bereavement." He has presented numerous workshops at TCF National Conferences. (Reprinted from We Need Not Walk Alone, Winter 2000/2001 issue)

WILL YOU KNOW ME?

*Jordan, will you know me
When I get to your home?
When I walk through the gates
Will you call me your own?
Will you say, "Laura, my sister,"
Or, "Hi! What's your name?"
Will I look different?
Will you look the same?
How will we act? Will it be like before?
Will we laugh again "til our sides are
sore?
Will the love be like it should
Between a sister and a brother?
Or will it be as if we just met one
another?
When I get there, you'll never be alone.
Jordan, will you know me
When I get to your home?*

~Laura Touton, TCF, Knoxville, TN

TO THOSE WHO COME AFTER

*I never knew my brother,
Yet I knew him well.
Through my mother's eyes
I've known him,
And I love him still.
I'll grow tall and strong like him,
Yet not like him at all.
He'll be my guardian angel,
And we'll go through life together as one.
I have his clothes, and his toys
And his photos.
I hold them dear to me.
But most of all,
I treasure the loving memories
My mother gave to me.*

~Karen Hoyland, TCF, Brisbane, Australia

No-one

*There is no-one to tease me
No-one to tell stories
No-one to remind me of silly things I
did
No-one to share my memories
No-one to share my pain
No-one who knows my history
Like you did
We shared a childhood
An adolescence
A young adulthood
Now there's no-one to make me mad
There's no-one to run away from
There's no-one to be jealous of
There's no-one to punch without regret
There's no-one so forgiving
Like you were
In life you were my painful brother
In death you are my angel
In life my anger was monstrous
In death, insignificant
It seems there's no-one I can run to
And no-one to confide in
There's no conditionality
There's no you.....except inside me.*

*~Joanne Miller, sister of Michael
Brisbane TCF Chapter, Queensland*

You Did Not Die...

*You live in the beautiful wind that blows.
You live in the sound of birds that crow.
You live in the sun that shines so bright.
You live in the peaceful dark at night.
You live in a star I see in the sky.
You live in the smell of flowers and grass.
You live in my heart that hurts so much.
You did not die, we only lost touch.*

~Shari Swirsky, Toronto, Ontario, Canada



**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.