



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO.1870

December 2024 NEWSLETTER Vol. 33 No.12

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. Montgomery 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

Sunday, December 8, 2024

3:00pm

Zion Lutheran Church

Main and Third Street

Tipp City, Ohio

**(entrance by parking lot on W. Walnut St.,
handicap accessible)**



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. 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 3rd. Please include the child's name, your name, and phone with the photo. (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.

December - No Regular Meeting



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 Candlelight Memorial Service and didn't sign up at the meeting, please call or email Cindy Glaser by Dec 3rd at mariahpines@sbcglobal.net.

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 8th. 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

Living Life Is Still An Effort

By Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX

My husband's family held a reunion in July. We planned to attend and told the family to count on us. But when it came time to buy the tickets and make a commitment, I found I couldn't do it. I simply did not want to deal with the hassles of traveling, leaving home, getting out of my daily rhythm.

I am a different person since my child died. I am a different person than I was six months after my child died. And, I will be a different person in another year. I find that I am evolving; my basic personality is still intact, most of my mind works well enough, my perception of life, love, people and events is probably heightened but fairly unchanged. Still I am a different person.

Now I work at living my life. I make myself do the things that I once took for granted....such as getting dressed each day, going to work, handling a number of responsibilities I have chosen to accept. I make myself laugh at silly jokes. Sometimes I even have to force myself to really listen to others. I am surprised when I laugh spontaneously, smile for no particular reason or say something "prophetic". What is going on here? Who am I? Why has the joy of life disappeared?

I believe I have found the answer to these questions and even to questions I haven't yet asked. It lies in the nature of losing one's child to death. Initially we work very hard to maintain sanity. Gradually we expand the boundaries of our lives. Carefully we add events, people, responsibilities and simple enjoyment. But our progress is measured in months and years, not days and weeks.

My awakening to this new reality came at a meeting of The Compassionate Friends. It has been rekindled at each meeting since then. I learn about myself by observing others. I note the change in their voice, their body language, their perspective. I see the sorrow in each parent. I see parents whose children have been gone for many years still weep openly and later talk about a special event they are planning. Then I see parents whose loss was recent yet they appear to be normal, controlled and sociable on many levels and they suddenly and mysteriously crumble before my eyes.

That's the journey. We set our own limits as to what is acceptable for us. Over time we shift from minimalist boundaries to a good representation of the person we once were. We have major setbacks: birthdays, holidays, death anniversaries. We have minor setbacks: a picture, a forgotten scent, a baby shoe, a poignant memory. We sob, we scream, we withdraw. But we do go on. With the help of our Compassionate Friends, we move forward and are supported when we suffer a setback. We each deal with the many facets of our grief. We learn from others. We teach others. We grow from the dialogue. Our kindred spirits bring questions, answers and peace. Who am I today? A fairly well balanced mother of one beautiful child who no longer is alive. I am where I should be. When will I stop evolving? Probably never.

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

Chapter website by Mica Glaser Jones:
www.thecompassionatefriendsmiamicounty.com

CHAPTER NEWS

Upcoming meetings:

- Dec - Candlelight Memorial Service
- Jan - Signs – presenter Don Fortener

Candles Whispering

These lights of love are for all to see
 The love that shines from you to me
 As I hold this candle burning bright
 The one I lit for you tonight
 I see this candle as your flame
 I hear it whispering your name
 I hope that others too will listen
 And feel your love as the candle glistens
 Be with me today and tomorrow
 Lead me through this grueling sorrow
 Light the road so I may see
 Pave it with your love for me
 Hold my hand and show me the way
 I know you are with me everyday
 Today and always we Remember
 As we light our Candles in December.

~Katy Evans, TCF



*Thank You
for your love gifts!*

- ★ Schoeb Family in memory of Jennifer Schoeb.
- ★ Kern & Pam Carpenter in memory of daughter, Tasha N. Longyear.
- ★ Randi & Carolyn Pearson in memory of son, Sam Pearson.
- ★ John Alexander in memory of son, Clifton Alexander.
- ★ Bob Karl in memory of son, Matt Karl.
- ★ 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.



Thank you to:
POWER107.1 LP-FM
 Helping get information out about our chapter to help grieving families.
 EmPOWERing Local Non-Profit Organizations! Broadcasting From The Heart of Beautiful Historic Downtown Troy

Our Children Lovingly Remembered

December Birthdays

Child—Parent, Grandparent, Sibling

Samuel James Barga - Linda Barga
 Jeff Binkley - Jane Binkley
 Michael Milton Earl Cattell II - Michael & Patricia
 Cattell
 Josh Eversole - Steve & Valerie Thorn
 Andy Glaser - Steve & Cindy Glaser
 Camella "Cami" Kelly - Elizabeth Kelley
 Sara Krum - Faith Krum
 Christian Leonhard, Jr. - Christian Leonhard, Sr. &
 Amanda Leonhard
 Jonathan Lillard - Kellie & Ralph Lillard
 Grady Lyons - Jason & Kristi Lyons
 Michael Daniel Mitchell - James & Marilyn Mitchell
 Kyle Alexander Quinn - Ken & Betty Quinn
 Roy "Rusty" Phillips - Carol Weddington
 Bob Risko - Joe & Maggie Risko



Share your child with us



Do you have a poem, a special story or remembrance of your child that you would like to share in the newsletter? I would love to hear from you and have you share your grief journey or how you found hope.

Send to me at im4song@aol.com or

Also, if you have a topic you would like to see covered at a meeting let me, Kim or Cindy know.

December Angel-versaries

Child—Parent, Grandparent, Sibling

Rebecca M. "Becky" Bole - Ken & Sue Bole
 Christian Michael Copits - Richard & Beverly Copits
 Kevin Michael Harshbarger - Kenneth & Carolyn
 Harshbarger
 Randy Lee Hess - Kimberly A. Bundy
 Claire Landis - Chelsea Landis
 Jonathan Lillard - Kellie & Ralph Lillard
 Matthew "Matt" Schaaf - Marlene Schaaf
 Brian Keith Willis - Keith & Linda Willis
 Danny Gene Winchell - Sally Entingh



May I Grieve

In the daytime, I walk and work and
 all;
 But at home, in the evening, I
 stumble and fall.
 The office says, "Function, smile,
 get control."
 But at home I can grieve to cleanse
 my soul.
 Must I be two people for the rest of
 my life?
 Can I make it through pain and
 struggle and strife?
 If I could be just one person for
 more than one day.
 My freedom to grieve would help
 light the way.

~

Adapted From Suzanne Demars,
 The Compassionate Friends
 Hingham, MA

S i b l i n g P a g e

Why the death of a sibling is like losing a part of yourself

If you're anything like me, you grew up in a fairytale surrounded by siblings who stood 10 feet tall. You grew up with parents who were as brave as superheroes. You grew up naïve to the world around you. Don't get me wrong; I was well aware of what the news never failed to talk about. I knew mothers and fathers could lose their battles with cancer. I knew children could be kidnapped. I knew houses burned down, and car accidents happened almost every day. But, I had created a world where my family was untouchable, where nothing could ever happen to them because they were mine. Five years ago, a police officer knocked on our front door. It was 10 pm, and I had just gotten ready for bed. "There's been an accident. You need to come to the hospital right away." By this point, I had seen enough TV shows to know this was not what you wanted to hear from a police officer, especially not at 10 pm, and especially not when your older brother still hadn't made it home. I lost a brother that day. I lost a cheerleader, a mentor and a best friend. The safe space I had created so easily disappeared, and I was left to tackle the world without the one person who had always paved a path before me. There's no word to describe the loss of a sibling. If you lose a spouse, you're a widow or widower. If you lose your parents, you're an orphan. But if you lose a sibling, you just become the girl who lost her brother. My therapist described it as losing a limb. If someone tells you it gets better with time, the person's lying to you. Yes, cuts get better and wounds do heal, but when you lose an arm, it's foolish to await the day it "gets better." You simply learn to live with one arm. I learned to do the things I know he would have liked. I learned to listen to the songs we sang together in the car without breaking down in tears. I learned — and am still learning — to function normally without him just a phone call away.

However, "normal" has lately been like a blanket too short for a bed. Sometimes it covers you just fine, and other times it leaves you shaking in the cold. I've come to find the worst part is I never know which one it's going to be when I wake up.

It's been almost five years since that day. Some days the ache is a little less than before, but other days it makes me want to lock myself in my room. And some days, I still feel like I am stuck in a void. There is no statute of limitations on grief. There is no time limit to waking up crying, or having to leave the grocery store because you see your sibling's old friends. There is no special cure for those dull aches in your heart that don't seem to ever go away. But, coming from a sister who thought she would never find the light again, know there will come a day when the thought of that loved one brings a smile to your face instead of leaving you gasping for a breath you cannot find. There will come a day when you find yourself talking about your sibling and you do not feel uncomfortable. There will come a day when the universe sends you a sign to let you know your sibling is doing OK. And there will come a day when the 19 years you were able to have with your sibling becomes enough for the 19 more you'll never have. There is no other love like the love for a brother, and no other love like the love from a brother. And if you're lucky to have a brother who was also your best friend, that love is going to cover you during the best of times and hold your hand through the worst.

This article was written by Kady Braswell for Unwritten.



**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.