



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO.1870

October 2024 NEWSLETTER Vol. 32 No.10

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
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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 We Attend a Support Group:

Because we never want the world to forget the name of our loved one.

Because when we reach out to help someone else, we also help ourselves.

Because someone was there for us when we needed it most.

The best way to say "thank you" is to pass it on by being there for others.

Because here we have found better friends and closer bonds than we ever thought possible.

Here we can cry and not even know someone's last name or what they do for a living and it doesn't matter.

Because few people are qualified to say to a newly bereaved member "I know how you feel."

Because we, too, need to talk, to remember, to share. We may be further along than many here, but we never forget.

Because our presence might help the newly bereaved understand that they can survive and live a happy and productive life-one that is different than our life before, but more compassionate and dedicated to offering help to those in need.

~ Cape Cod, MA, TCF Newsletter

Meetings are held at:
Zion Lutheran Church
14 W Walnut St
Tipp City, OH 45371
(entrance by parking lot on W. Walnut St.,
handicap accessible)

Next Meeting:

October 24, 2024

7:00 pm

Topic: Handling the Holidays



Our Chapter will be hosting a Thanksgiving potluck dinner in place of our regular November meeting, a week earlier, on November 21st at 6:30PM at Zion Lutheran Church 14 West Walnut Street Tipp City, Ohio.

We will provide the turkey and dinnerware, coffee and water.

Please bring a dish to share. It is IMPORTANT that you RSVP so that we have enough turkey and tables set up!

Please RSVP to: Cindy Glaser at: mariahpines@sbcglobal.net with your name, your dish and how many will be attending.

The Gift of Guilt

Sometimes, the hardest part of grief is guilt. We obsess over what we did or didn't do, the missed opportunities to say I love you, the times we lashed out in anger or impatience. A young woman can't forget telling her brother she hated him a week before he died in a boating accident. A mother is immobilized by guilt because of an argument she had with her son the day before he took his own life. A widower can't forgive himself for being away on business during his wife's fatal heart attack. Guilt complicates and prolongs the grieving process by preventing the emotional and spiritual growth necessary for recovery. Self-condemnation and regret can all too often lead to depression or suicide. So how can we escape the destructive forces of guilt when it's so much part of our grief? We can start by acknowledging that guilt stems from goodness. Guilt is the conscience protesting the violation of an inner moral code. Instead of beating ourselves up over real or imagined offenses, we can recognize the goodness that makes us wish we had done things differently or better, and work toward expressing our guilt in more productive and positive ways. Write down the things you wish you had done differently, Underline the goodness that can be found at the source of your guilt.

If you wish.....

....you had been kinder, be kind to someone who least expects it.

....for another chance to say I love you, resolve to never let a day go by without telling the people in your life how much you care.

....you had been more understanding or patient, listen to a troubled adolescent or elderly person.you hadn't taken your loved one for granted, say a prayer of gratitude for all the people in your life today.

....you could take back every unloving word you ever said, say something nice to everyone you meet.

....you had spent more time with your loved one, spend time with a shut-in, a lonely relative or a child.

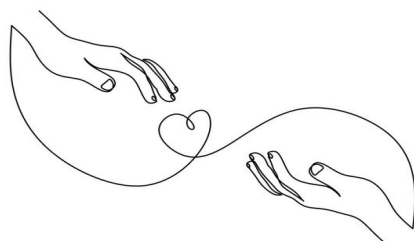
....you could resolve the misunderstanding at the time of your loved one's death, work on improving your relationships.



closer
lasting

....for your loved one's forgiveness, resolve to forgive yourself. Guilt can tear us apart or inspire us to do great things. It can distance us from God or bring us to him. It can imprison us in darkness or fill our world with light. It can be a curse—or a lasting gift.

~By Margaret Brownley, Simi Valley, California This article is from bereavement Magazine Sept/Oct 2000 issue



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:

- Oct - Handling the Holidays
- Nov - Friendsgiving
- Dec - Candlelight Memorial



Thank You 
for your love gifts!

★ Vera McLean in memory of son, Antonio.

★ Ron Ladd in memory of sons, Mike & Billy.

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



Everyone has their own personal grief journey. And though we can all relate and even feel a special bond with all parents who have lost children, in October, we want to recognize the parents who have lost an infant or had a child that was born asleep. Losing a child is difficult at any age. This month, we are remembering the tiniest of angels. We are thinking about the moms and dads who never got to hold their babies and those who only spent a few hours, days or weeks with them. October 15th is Pregnancy & Infant Loss Remembrance Day. If you would like more information about this day, visit this site <https://www.october15th.com>. Watch this short video about a local couple who lost their son in 2016 speak firsthand about their experience and how you can help support those going through a similar situation.

<https://idahonews.com/news/local/how-to-offer-support-after-the-loss-of-a-baby>

Our Children Lovingly Remembered

October Birthdays

Child—Parent, Grandparent, Sibling

Jessica Back – John & Roberta Back
 Maci Eickman – Josh & Elizabeth Eickman
 Jayme “Buggs” Laurent – Ray & Debbie Cox
 Joshua Matthew Lightle – Matt & Kristi Lightle
 Brad M. Massie – Barbara Massie
 Montgomery Alan “Monte” Mott – DeDe Mott
 Zachary O. Patrick – Mike & Tina Patrick
 Allison Rudy – Lora Rudy



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.*

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

*You can send them to me at im4song@aol.com or
 through the mail to Jackie Glawe, 2445 N.
 Montgomery County Line Rd., Tipp City, Oh 45371.*

October Angel-versaries

Child—Parent, Grandparent, Sibling

Aaron T. Duvall - Kim Duvall
 David J. Elam - Danny & Tammy Elam
 Benjamin Paul Gudorf – Wilda Stanley
 Darin Hinkle – Dan & Amber Hinkle
 Linda Kimerling – George & Harriet Holbert
 John Patrick McLaughlin - Don & Pam Fortener
 Douglas Ray Lavy - Robert E. & Sharon Lavy
 Joshua Matthew Lightle - Matt & Kristi Lightle
 Justice Meade - Sue Brown
 Justice Meade - Jenni Warner
 Samuel Pearson - Randi & Carolyn Pearson
 Brent A. Snyder - Claude & Mary Snyder



WHERE ARE YOU NOW?

*where are you now
 but in my heart
 your voice clear in my mind
 I know we're never far apart
 mind to mind
 heart to heart
 and, maybe, if I'm fortunate,
 soul to soul
 we connect
 you, watching over me
 me, so unaware
 but, oh, to actually see you
 how you've grown and changed
 still, oh, to embrace you
 feeling your strength and youth
 breathing in your life
 now held only within
 mind's eye
 heart of hearts
 and lonely soul*

~
 Victor Montemurro
 TCF Brookhaven in Medford, NY

REBUILDING YOUR LIFE ONE PIECE AT A TIME

Death, especially unexpected death, changes one's life in ways that cannot be anticipated. With the death of someone close, one's world is forever changed.

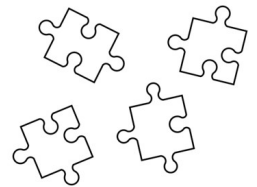
One analogy I have found myself using with clients is the following: If you were to imagine the day before your loved one died, there was an intact picture of your life. The picture may not have been perfect, but it was there and it made sense. There was a beginning, a middle and an expected end. With death comes the destruction of that picture. It is as if the picture is taken out of your hands, smashed to the ground in a thousand pieces and then some of the most treasured pieces are forever taken away.

The challenge with grief is to then take all of those pieces which are left and attempt to make a new picture. The picture of the life you once had is impossible to recreate, as much as one may try, it cannot be recreated with pieces missing. A new picture must be assembled with the pieces that are left and with new pieces that are picked up along the way.

The process of putting the pieces back together is one that often feels chaotic and confusing. It may sometimes be surprising to find out how much thinking is involved in the grief process. thoughts bounce around trying to connect what was with what is and struggle to make sense out of what seems to be incomprehensible.

With each piece, the bereaved, through trial and error, find where each piece belongs or even if it belongs at all. This process is different for every person and does not adhere to any kind of timeline. This (what feels like endless) thinking is the work that grief demands; it is the creation of a new picture of your life created one piece at a time.

~By Stephanie Elson



*I hope there is eternal life, So we
can meet again.
I not only lost my brother, I lost
my very best friend.
The reason you left so early I'll
never understand why.
I just wish I had known you were
never coming back,
Because I would have said good-
bye.*

~By: Martha, TCF-Concord



**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.