



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO.1870

January 2025 NEWSLETTER Vol. 34 No.1

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.

What is New About The New Year?

By Dory Rooker TCF Upper Valley, VT

There is a lot of silliness about ringing in the New Year, and I have never been able to enter into the spirit with noisemakers, funny hats and loud hurrahs. Since the death of my son, I especially find myself wondering what this is all about. I think some of the partying and celebrating are motivated by a deep desire for a new start in our lives; a desire to leave behind some of the problems, sorrows, worries and pain of the year just ending. The short, sunless days and long, dark nights make us want something to cheer us. So we give the New Year's Eve party a try. But it really doesn't work for most of us; we see now that we are just the same and the heaviness in our hearts, as we continue with the struggle to cope with the loss of our child, remains with us. Can we find new ways to live our lives in the New Year? I'd like to suggest a few things we can try. Let's make an effort to find new friends. A good place to start this is at Compassionate Friends meetings. Here you are with a group of people who care about each other in special ways. We understand the pain and anger, the confusion and the inertia suffered by bereaved parents. In the New Year, let's also find new ways to be close to the family that we have left. We feel regrets about hugs not given, letters not written, "I love you's" not said often enough. We can do all these things now. We can establish new memories with the family we have right now. Another way to move into this New Year with a better feeling is to think about what we can do for others, because that is truly a way to help ourselves, too. If we can reach out to other sorrowing families, give a gift of our time, a note of love, a listening ear, or a shoulder to lean on, we'll grow stronger ourselves. For those

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: January 23, 2025

7:00 pm

Topic: Signs

Presenter: Don Fortener

**(Thank you to all who helped make the
Childrens Candlelight Memorial possible)**

"What is New About The New Year?"
continued...

parents who are suffering the deep pain of the newly bereaved, none of the things I've mentioned may be possible yet. For you, I hold out the hope that soon your days will be just a bit better, your sorrow a little lighter, your tears healing, your friends strengthening and your memories filled more with the good times and less with the unhappiness of your grief.

Parents (Celebrate)!

Did you know every time you speak your child's name or someone speaks to you about them you are celebrating their life?

Our kids were loaned to us for such a short time. Don't hide the fact they were here. If you feel people shut you out because you mention your child's name, remember the time they were here and what they accomplished in their lifetime. Speak your peace, don't be afraid because a friend or relative does not have the courage or courtesy to hear you.

Every time you write a poem or a letter for your child you are celebrating that life. They whom have died left a mark on this Earth. They have touched so many lives. Sometimes we never hear about these things. I know in my heart every child who died has some legacy he or she left behind. Look at us, the parents who are grieving, have felt that impact. Please share your stories. These kids have a lot of stories to share even though they have passed over. Make a small effort while you are here to celebrate their lives. Help another child, smile, give someone hurting a hug or just make an effort for yourself. Take a walk, go to church, get a new hairdo. Our children are not forgotten. We keep them alive by talking about them. They have left us many memories. Help us remember and to know them by sharing their lives!

--Marie Welsh TCF, Sugarloaf, PA

WE'RE ALIKE, YOU AND I

We're alike, you and I. We've never met. Our faces would be those of strangers if we met. We would barely perceive the others presence if we passed on our walk through the mists. We're unknown to each other until the terrible words have been spoken: "MY CHILD DIED." We're alike, you and I. We measure time in seconds and eternities. We try to go forward to yesterday. Tomorrows are for whole people, and we are incomplete now. The tears after a time turn inward to become invisible to all, save you and me. Our souls are unanswerable prayers: "GIVE ME BACK MY CHILD." We're alike, you and I. The tears that run down your face are my tears, and the wound in your soul is my pain, too. We need time, but time is our enemy for it carries us farther and farther from our lost child. And we cry out: "HELP ME." We're alike, you and I. And we need each other. Don't turn away, but give me your hand and for a time we can cease to be strangers and become what we truly are, a family closer than blood, united by a bond that was forced upon us -but a bond that can make us stronger, still wounded to be sure, but stronger for our sorrows are shared.

-- Judy Dickey TCF, Greenwood, IN

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:

Jan	-	Signs – presenter Don Fortener
Feb	-	TBA

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.

*Thank You 
for your love gifts!*

-  Lowell & Marilyn Bok in memory of daughter, Marlisa Bok.
-  Kathy Russell in memory of daughter, Ava Nicole Liskey.
-  Dennis & Susan Ream in memory of daughter, Kristen N. Ream.
-  Dee Rawlins in memory of daughter, Jennifer Schoeb.
-  Cindy & Steve Glaser in memory of son, Andy Glaser's 49th birthday.
-  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

January 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



Our surviving children not only lost a sibling, but they've also lost a mother and father they once knew.

Everything is different now.

January Angel-versaries

Child—Parent, Grandparent, Sibling

Adam Douglas Cheadle - Gary & Elaine Meyers
Bob Risko - Joe & Maggie Risko
Camella "Cami" Kelly - Elizabeth Kelley
Christopher "Chris" Heiss - Tony and Nancy 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
Jeremy Fogle - Amy Payton
Justin David Shoemaker - Dave & Jonnie Shoemaker
Kevin Finfrock - Terry Finfrock
Kyle L. Bryan - Jeanette Bryan
Matthew J. "Matt" Karl - Bob & Fran Karl
Melissa Fortener McLaughlin - Don & Pam Fortener
Nicholas Drake Duff - Jonathon & Regina Duff
Nicole Barker - Rod & Kathy Barker
Shaun Bradley Duff - Michael & Catherine Duff
Stephanie Roselle - Cindy Berry
Will Mohr - Valerie Mohr
Noah Derick Trader - David & Amy Trader
Parker Locke - Lynn Reitz
Hunter Cohee - Jim Cohee
Rebecca Erin Kiser - Ron & Sharon Kiser
Joel King - Barb King



S i b l i n g P a g e

The Unique Aspects of Sibling Grief

From the shadows we come, the surviving siblings. We are all ages: younger, older, twins and subsequent children. We have our own story to tell, one that is often brushed aside in the concern for our parents, the spouse, and even the children of our sibling. We are grieving, experiencing the same intensity of pain, but not always acknowledged by others. When a child dies, a future is lost; when a parent dies, it is the past which is buried. The death of a sibling is the death of a friend, a rival, an antagonist, a confidant, and perhaps a co-conspirator. It is important to help give siblings a voice as we struggle in the shadows, searching to find light in the darkness.

My mother would tell you that when my brother, Big A died, “the world went dark and silent. No longer did life seem worth living. The sun grew cold and the music died. There were no happy sounds in our house anymore and the sun cast only shadows of sadness.” When Austin died, we all thought the sun had left forever. But much to our dismay, the sun kept coming up and we had to keep going, even though we didn’t always know where we were going! My mom used to tell people that the only reason she got up after my brother died was because I needed cereal. There is a little more to the story. It is true, I was hungry. But what she didn’t tell you is that at first, she moved the cereal down to a lower cabinet, to make it easier for me to reach. And then she put the milk in a smaller container so I didn’t need help pouring it. Then the TV was moved to a shorter shelf so I could turn on my own cartoons. By now, all the possible accommodations had been made for me to be “self-sufficient,” — mind you, I was 4. But every day I came back, needing something else. Finally, my mom, exhausted and looking to grieve in peace, asked me what more could I possibly need?

I told her that I needed my brother back. We cried together while she explained patiently to her 4-year-old daughter for the thousandth time that he could not come back. Then I asked her when our family would be fixed, “unbroken.” I didn’t have the words then that I do now, to say that I was hungry for more than cereal. I had lost my brother...and we were at risk of losing so much more.

It was then, in the early hours of a Saturday morning, that we came to realize that in our own unique struggles to find a way to breathe in those early days, we had lost each other. We didn’t lose my brother, he died. But we were at risk of losing the support of our little family. This was the spark for us, the start of our commitment to find a way to reach through our differences in our losses to find some common ground. Our story is not unique. One of the most difficult parts of being a bereaved sibling is the loss of the family we knew.

Our parents are consumed by their own grief and while we certainly understand why our experience is that none of our supports are the same. Siblings are the people who have known us and our family the longest. Our friends may not know how to help and may shy away. Extended family is primarily concerned with our parents, and the family that we knew is shattered seemingly beyond repair. How can you help a bereaved sibling? Acknowledge that Sibling loss is devastating — often sibs feel we are the “Forgotten Mourners.” We may be asked how their parents are handling the loss. Many times, we feel that our loss is not given as much weight by supportive others. Take the time to ask surviving siblings how we are doing.

Encourage us to seek and accept emotional support for ourselves — sometimes we feel driven to support our parents. Many siblings report putting their own grief on hold to care for parents or out of fear that their grieving will make things worse for their grieving parents who “have enough to deal with.” This can result in siblings feeling isolated and alone within their own families. We may need reminders and permission to grieve and to accept our own support.

Allow us to grapple with our guilt — the truth is that all sibling relationships are not perfect and even great ones come with some not-so-hot moments of rivalry or ugly words. Grief has a unique quality of playing back newsreels of the worst moments between us and our siblings when we are feeling down. Remind us of memories where we were kind to our sibling. Help us put into perspective our normal sibling relationships. It would be weird if every moment we had with them was actually perfect. We may need you to help us to remember this. We are surviving siblings. We face many challenges, sometimes alone. But with support and a lot of grief work, we can emerge from the shadows. We can claim our roles, and live the legacies we have chosen of our loved ones with pride (colored with sadness).

Am I Still a Sister? You bet I am! And just as my little family learned in the wee hours of a Saturday morning, crying over breakfast cereal, I hope our TCF family can find that we are all bereaved, we are all hurting, we are many things, **BUT WE ARE NOT ALONE.** Together we can become a family circle, broken by death, but mended by love.

By Alicia Sims Franklin, bereaved sibling, posted on the TCF website 2018.



**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.