



The Compassionate Friends

Supporting Family After a Child Dies

CINCINNATI EAST CHAPTER NEWSLETTER - JULY 2019

UPCOMING MEETINGS

July 23, 2019

Messages From Our Children

August 27, 2019

Keys To Your Journey

STEERING COMMITTEE

Co-Leaders

Lindsay Bibler
513.652.7470

Kathy Elliott-Reisinger
859.475.8873

Treasurer

Jane & Bruce Brumbaugh
513.377.3487

Memorial Garden Chair

Susan Geisinger
513.732.0493

Angie Grimsley
Carol Hoobler
Dave Ficks
Doug Eisele
Irene Gilb
Teri Fox

The Healing Power Of Karma After Loss

By David J. Roberts

I have often told my students at Utica College that karma isn't about an eye for an eye or a tooth for a tooth. If that was true, we'd all be blind and eating our meals through a straw. For someone like me, who tends to value sacred law as much, or sometimes more so, than human law, Gary Zukov's definition makes perfect sense in my current world.

I didn't always view events in my world from a sacred perspective. I graduated from Utica College in 1977 with a Bachelor's Degree in Psychology and believed for many years that behavior could only be explained through rational and quantifiable means. My beliefs remained largely unaltered even after completing the requirements for my Masters in Social Work Degree from the State University of New York in Albany in 2002.

As often happens in life, paradigm shifts occur due to challenges presented as a result of catastrophic events. On March 1, 2003, my 18-year-old daughter Jeannine died due to a rare and incurable form of cancer. In the space of approximately ten short months after diagnosis, my vibrant, passionate daughter was no longer part of my physical world.

We do not walk alone.

We are The Compassionate Friends.

website: www.tcfcincy.com • email: tcfcincyeast@gmail.com

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All of my education and training seemed irrelevant to the path which I was now faced with navigating. It was a path wrought with uncertainty, and fear that I would never be able to break through to the other side of unspeakable loss. I also knew that, regardless of the outcome, I would be forever changed; the person that I once was, a distant memory.

As I evolved in grief, I began to slowly consider non-human law perspectives. In particular, after-death communication, past life experiences and the importance of ancestral healing resonated with me. These perspectives allowed me to be open to the teachings of karma, particularly as it relates to Gary Zukov's definition.

Not only did my self-awareness increase but my relationships with my daughter and past ancestors had new meaning. The continued bond that I now share with my daughter almost sixteen years later, has convinced me that relationships are eternal.

I want to conclude with a description of two events where karma contributed to my ongoing spiritual awareness. The first involved my cat Bootsy, who was my daughter Jeannine's cat before he became mine. The second involved a past life experience that made itself known to me.

Read the full article on Mindfulness & Grief Training Institute:

<https://mindfulnessandgrief.com/the-healing-power-of-karma-after-loss/>



David J. Roberts, LMSW, became a parent who experienced the death of a child when his daughter Jeannine died of cancer on 3/1/03 at the age of 18. He is a retired addiction professional and an adjunct professor in the psychology department at Utica College. Dave is a featured speaker, workshop presenter and coach for Aspire Place, LLC (www.aspireplace.com). He is the chapter leader for The Compassionate Friends of the Mohawk Valley.



Karma... is not a moral dynamic. The universe does not judge. The law of karma governs the balancing of energy within our system of morality and within those of our neighbors. It serves humanity as a universal teacher of responsibility."

Gary Zukov
The Seat Of The Soul

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Memorial Garden Volunteers Needed

If you are interested in being on the Memorial Garden Committee, please contact Susan Geisinger. Our space has been approved, we have beautiful plans drawn up, and it's now time to get some fund-raising ideas together, so we can move forward creating a beautiful space where all of our children can be remembered.

Email: sgeisinger@cinci.rr.com

Home: 513-732-0493 Cell: 513-490-6130

Have Your Child's Photo Carried In Walk To Remember

Jane Brumbaugh, Treasurer for our TCF Cincy East chapter, will be participating in the annual Walk to Remember at the end of the TCF National Conference. For a small donation (\$10 suggested) to our local chapter, Jane will carry a photo of your child during the walk. Email Jane directly at Jane.Brumbaugh@chca-oh.org for more information.

42nd National Conference

The 42nd TCF National Conference will be held in Philadelphia, on July 19-21, 2019, at the Philadelphia 201 Hotel. "Hope Rings in Philadelphia" is the theme of this year's event. TCF's National Conference features keynoted speakers, workshops, and fellowship for bereaved parents, grandparents, and siblings.

For more details, visit The Compassionate Friends website.

<https://www.compassionatefriends.org/event/42nd-tcf-national-conference/>

If you are interested in attending the National Conference, let Lindsay Bibler know. We may try to coordinate carpooling, room sharing, and/or chapter activities in Philadelphia if there is enough interest.



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UPCOMING GROUP ACTIVITIES

Ladies' Coffee & Conversation • Saturday, July 13 • 9:00 am

Come out Saturday, July 13 at 9:00 am for coffee and conversation with the ladies. We'll meet at Panera Bread at 7510 Wooster Pike Cincinnati, OH 45227. No RSVP required. We hope to see you there!

Men's Dinner • Tuesday, July 9 • 6:30 pm

The men will meet for dinner and fellowship. **Please let Doug Eisele know via text or email (513.509.3237 or doug@eiselefineart.com) by Monday, July 8 at noon if you plan to attend. Further details & location will be determined based on number of RSVPs received.** If you know of other grieving dads, brothers, or grandfathers who may want to attend, please reach out and invite them. Ask them to RSVP before Monday, July 8 at noon.

July Monthly Meeting • Tuesday, July 23 • 7:00 pm

Kathy Elliott-Reisinger will talk about signs & messages from our children. Sharing circle will follow the program.



We have a private group available on Facebook for Cincinnati East Chapter members. Join us!

<https://www.facebook.com/groups/tcfcincinnatieast/>



Support our chapter with Kroger Rewards. Just enter "JY262" in the search to select our chapter!

<http://www.krogercommunityrewards.com/>



Shopping through Amazon Smile is another easy way to benefit our chapter.

Shop at <http://smile.amazon.com/ch/36-4051958>

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