



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

CINCINNATI-EAST CHAPTER

July, August, and September 2014

Chapter Leader: Joel & Carol Terbrueggen (513) 271-6809

Newsletter Editor: Lindsay Bibler (513) 652-7470

Regional Coordinator:

Treasurer: Joe Trevino (513) 731-1714

Librarian: Diana Trevino (513) 731-1714

Website: www.tfcincy.com

This newsletter comes to you from our support group known as THE COMPASSIONATE FRIENDS. We want you to know we care about you and understand your suffering. We are all united by the tremendous pain caused by the death of our loved ones. We wish you had not become eligible to join and are here to help. We do invite you to attend our meetings, even though sharing your intense grief with others can be difficult. We will provide you with a place to come and talk or just listen, a place to come and cry or console those who are crying, and above all, a place to come and be understood. If possible, bring a friend or relative with you to the meetings to give you extra support. Please realize, you are not alone and together we will make it through this intense part of our lives.

We Need Not Walk Alone...

We Are The Compassionate Friends.

GREATER CINCINNATI – EAST CHAPTER
ST. TIMOTHY'S EPISCOPAL CHURCH
8101 BEECHMONT AVENUE
CINCINNATI, OHIO 45230
The TCF group meets on the first floor of the Building on the back side.

MEETS THE 4TH TUESDAY OF THE MONTH
AT 7 PM (Except for December)

GREATER CINCINNATI – WEST CHAPTER
WEST PARK RETIREMENT CAMPUS
2950 WEST PARK DRIVE
CINCINNATI, OHIO 45238
Upon entering West Park Drive enter through the Front door, turn to the right and it is the first room On the right.
CONTACT MICHAEL URBISCI AT (513) 205-8291 for meeting information.

MISSION

The Mission of The Compassionate Friends is to assist families in the positive resolution of grief following the death of a child and to provide information to help others be supportive.

The Compassionate Friends National Office

P.O. Box 3696

Oak Brook, IL 60522-3696

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(877) 969-0010

The Compassionate Friends (TCF) is a national nonprofit, self-help support organization which offers friendship and understanding to families who are grieving the death of a child of any age, from any cause. There is no religious affiliation. There are no membership fees or dues, and all bereaved family members are welcome. Founded in England in 1969, it was established in the U.S. in 1972, with 501I (3) not-for-profit incorporation in 1978, under which provision our 600 local chapters also qualify. The mission of TCF is to assist families in the positive resolution of grief following the death of a child and to provide information to help others be supportive.

Greater Cincinnati-East Steering Committee

Chapter Contact –

Joel & Carol Terbrueggen

Treasurer – Joe Trevino

Newsletter – Lindsay Bibler

Librarian – Diana Trevino

Love Gifts – Joe Trevino

Website Manager – Tim Vinson

Additional Members – Carol McGary

Marsha Lohbeck

Dianna Mitts

Susan Geisinger



**WE NEED MORE TELEPHONE
FRIENDS-CAN YOU HELP?**

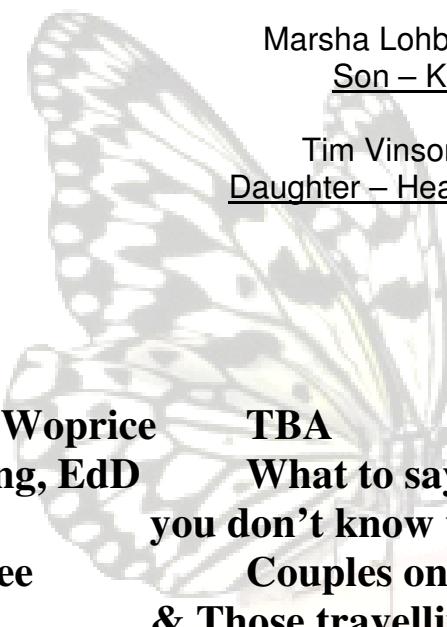
TELEPHONE FRIENDS

Marsha Lohbeck 513-236-5827

Son – Keith – Suicide

Tim Vinson 513-943-1322

Daughter – Heather – Auto Accident



UPCOMING MEETINGS:

July 22

Ron and Barbara Woprice

TBA

August 26

Robert Wubbolding, EdD

What to say when

you don't know what to say.

Couples on the Journey

& Those travelling alone.

Surviving the Holidays

September 23 **Steering Committee**

October 28 **Steering Committee**

LOVE GIFTS – The Compassionate Friends Groups (TCF) depends entirely on voluntary contributions from individuals and organizations to meet Chapter expenses. Please consider making a monetary contribution in your child's name to the Cincinnati-East Chapter of TCF to help defray our expenses. Also, check with your employer to see if it has a foundation or fund that matches charitable contributions. You may be able to get a match of funds to your donation. Donations are tax deductible, so please request a receipt if needed. If you have any questions or want to make a donation, contact Joel or Carol Terbrueggen (513) 271-6809, or mail donations to Joe Trevino, 2355 Section Rd., Cincinnati, OH 45237

For the 2ND quarter of 2014:

Carol & Joel Terbrueggen
Gregory & Carole Spontak
Jerry, Carol & Joseph Jr. Hoobler
Susan J. Geisinger
Brooke Matanguihan

In memory of son Justin
In memory of son Joel
In memory of daughter/sister Kim Kenney
In memory of daughter Laura's birthday
In memory of son Tempy Matanguihan



Lighting a candle, cherishing a birth.....

July

*Patrick Simminger Ruben (Bones) Cole
Keshya Hammer*

August

*Janet Woprice Stephan Schumacher
Mathew Matern Brennan Thomas Murphy
Lauren Smith Tempy Matanguihan
Elliot McAlister*

September

*Mark Thole Kelly Denise Boyer
Steven Savu Larry "Art" Whited II
Tim Meredith Chandra Nicole Riley
Alex Bibler Jonathan Cromer
Austin Michael Lasley*



Lighting a candle, remembering a life....

July

*Ian Dailey
Michael Gillis
Kevin Mitts
Kenny Powell*

*Addison Craft
Marla Hunter
Andrew "Drew" Meyers
Janet Woprice*

August

*Claire Boyd
John Douglas
Keshya Hammer
Lauren Smith*

*Xavier Bainum
Kelsey Michaela Ficks
Elliot McAlister
Stephan Schumacher*

September

*Ashley Miller
Daniel Trevino
Austin Michael Lasley Michael Ryan Atkins
Ashley Marie Weingartner*

Thomas Joseph "TJ" Mitchell II

Peyton Olivia Carmack

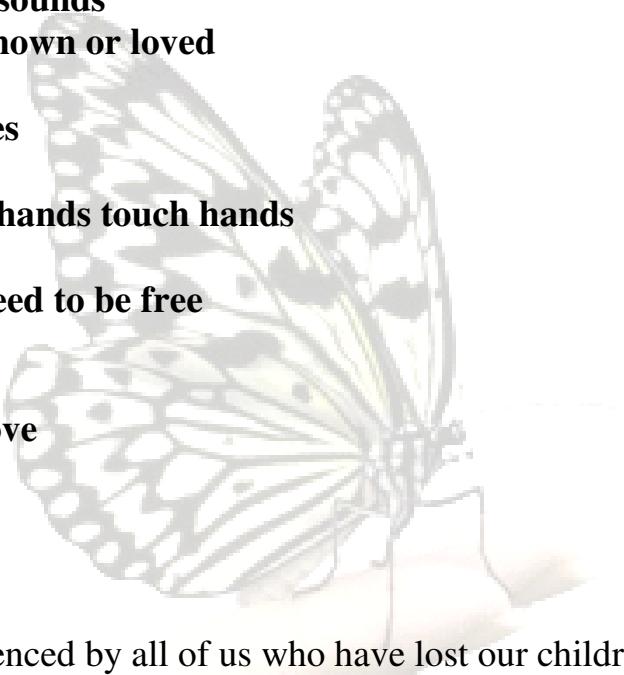
The Birth and Death of our loved ones are always very difficult. Please remember to include these families in your thoughts on their very difficult day. It would be nice to give these families a phone call or send them a card saying, "I am thinking of you". For addresses or phone numbers, you may contact: Joel Terbrueggen at (513) 271-6809 or joelst@cinci.rr.com

There is a vast emptiness when our child, grandchild, or sibling dies. An emptiness that cannot be filled. During every moment of the day, every significant event in our lives, we are aware that our child, grandchild, or sibling is missing. You may see us smile or even laugh, but that does not mean we are "better". We may have other children and experience good things in life, however nothing can or will ever take the place of our child that has died and we may never return to the person we once were.

Karen Cantrell, Frankfort, KY-TCF

**When I die give what's left of me away
To children and old men that wait to die
And if you need to cry
Cry for your brother, walking the street beside you
And when you need me
Put your arms around anyone
And give them what you need to give me
I want to leave you something
Something better than words or sounds
Look for me in the people I've known or loved
And if you cannot give me away
At least let me live on in your eyes
And not on your mind
You can love me most by letting hands touch hands
Bodies touch bodies
And letting go of children that need to be free
Love doesn't die
People do
So, when all that's left of me is love
Give me away**

Merritt Mallo



To Our New Members - Grief is experienced by all of us who have lost our children in very different ways. However, there are some mutually shared thoughts and feelings that all who suffer grief, will share. It is important to understand, what your normal reactions will be. We cannot change the pain you may experience during grief but we can promote a better understanding as you journey through, which may help the experience be less frightening and less traumatic. Please remember, you are not alone.....

To Our Members Who are Further Down the ‘Grief Road’

We need your encouragement and your support. Each meeting we have new parents. THINK BACK – what would it have been like for you at your first meeting if there had not been any TCF “veterans” to welcome you, share your grief, encourage you and tell you, “your pain will not always be this intense, it really does get better!” The secret of TCF’s success is simple: As seasoned grievers reach out to the newly bereaved, energy that has been directed inward begins to flow outward and both are helped to heal.

Thank you from all of our children.....Carol

A Note from Lindsay:

It is now almost five years since Alex died. I have walked the line between remembering all the time and shutting out what I can by staying very busy. I have a dear friend who is cleaning out her house in order to move. There are landmines there but she is dealing with it a few hours each day. She is brave. To me, this is how we try to survive the loss of a child. Take it a day at a time; brace yourself for the landmines. I have not touched Alex's room. As he died while a college student, all of his belongings are on the floor of his bedroom. I need to take things a few at a time and deal with the memories. I will save a few items and all the memories, and work on this. It will be my fall project, to at least begin on his room. I am afraid to remember everything and yet afraid I might forget. Grief is hard work.

**On behalf of the Steering Committee, until we see each
other again, we wish you peace and love, and hope that you can find
a few moments of joy as you continue on your grief journey.**

REGISTRATION

NEW RENEWAL CHANGE OF ADDRESS TODAY'S DATE _____

LAST NAME: _____ FIRST NAME: _____ SPOUSE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ * E-MAIL: _____

DECEASED'S NAME: _____ DATE OF BIRTH: _____

DATE OF DEATH: _____ CAUSE OF DEATH: _____

RELATIONSHIP TO THE DECEASED:

PARENT GRANDPARENT SIBLING OTHER (_____)

*Newsletters are sent by email. Please tell us if you do not have email access.

PLEASE MAIL REGISTRATION TO: JOEL TERBRUEGGEN, 5910 CHEROKEE DR. CINCINNATI, OH 45243

**When you need help.... the following organizations
provide information and support for those coping with grief:**

The Compassionate Friends (National Office)
P.O. Box 3696
Oak Brook, IL 60522-3696

630-990-0010 – Toll Free 877-696-0010

<http://www.compassionatefriends.org>

A national, self-help support organization for those grieving the loss of a child or sibling.

FernSide

Bethesda Professional Building

4360 Cooper Road, Suite 101

Cincinnati, OH 45242

<http://www.fernside.org>

513-745-0111 (M-F 9:30am – 4:30pm EST)

Grief information, resources, and support for grieving children and their families.

RENEW: Center for Personal Recovery

P.O. Box 125

Berea, KY 40403

<http://www.renew.net>

859-986-7878

A grief counseling center for individuals and families that are experiencing a loss, with a specialty in grief recovery counseling for traumatic death.



*There is a support group that is NOT affiliated with TCF (but to which some of our members go) called the Milford Panera parents. This is a gathering of bereaved parents (and you do not need to be from Milford) who meet for chatting, support, and yummy snacks. We meet one Saturday morning a month (not always the same week). If interested, please speak with or email Susan Geisinger : sjgeis@aol.com

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CINCINNATI, OH 45243**

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