



# THE COMPASSIONATE FRIENDS

## Supporting Family After a Child Dies

### CINCINNATI-EAST CHAPTER

October, November, December 2013

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

**Newsletter Editor: Annette DeCamp (513) 886-1634**

**Website: [www.tcfcincy.com](http://www.tcfcincy.com)**

**Treasurer: Joe Trevino (513) 731-1714**

**Librarian: Diana Trevino (513) 731-1714**

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 AVE.  
CINCINNATI, OHIO 45230**

The TCF group meets on the first floor of the building, in parish hall. Enter the building at the west entrance. From Ohio take I-275 East, from KY. At I-471 take I-275 East, to the Five Mile Rd. exit (#69). Go north to Beechmont Ave. Turn right and go 1.2 miles (five lights) and turn right into St. Timothy's Episcopal Church parking lot.

**Meets the fourth Tuesday of the month at  
7:00 p.m. (Except for December)**

**GREATER CINCINNATI-WEST CHAPTER  
WestPark Retirement Campus  
2950 West Park Dr.  
CINCINNATI, OHIO, 45238**

West Park Drive is a side street off Ferguson Road just north of the Graeter's location.

Upon entering West Park Drive enter through the front door, turn to the right and it's the first room on the right

Contact Michael Urbisci at (513) 205-8291 for meeting times and dates..

### **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 501(c)(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 –** Annette DeCamp

**Librarian –** Diana Trevino

**Love Gifts –** Joe Trevino

**Website Manager –** Tim Vinson

**Additional Members –** Carol McGary  
Marsha Lohbeck  
Dianna Mitts  
Susan Geisinger  
Lindsay Bibler

**Telephone Friends**

Jackie Guthier 513-474-5810

Grandson – Kyle – Stillborn

Marsha Lohbeck 513-236-5827

Son – Keith – Suicide

Tim Vinson 513-943-1322

Daughter – Heather – Auto

Accident

*On days when you just need someone,  
remember the telephone friend list.*

*We are here for you!*



***The steering committee is looking to update our “telephone friends” list.***

*Please contact: Carol Terbrueggen if you are ready to be added to  
the list or you would like more information.*

***Carol Terbrueggen (513) 271-6809***

**Religion and TCF-**

The Principles of The Compassionate Friends state that TCF reaches out to all bereaved parents across the artificial barriers of religion, race, economic class, or ethnic group. Further, TCF espouses no specific religious or philosophical ideology. Despite our nondenominational status, many writers indicate that they have found comfort in their faith, and some have shared their anger and loss of faith. The opinions and beliefs expressed in letters, articles and poetry are those of the contributors.



## **MEETING REMINDERS:**

**GREATER CINCINNATI-EAST CHAPTER  
ST. TIMOTHY'S EPISCOPAL CHURCH  
8101 BEECHMONT AVE.  
CINCINNATI, OHIO 45230**

**Meets the fourth Tuesday of the month at 7:00PM  
(Except for December)**

**Next Steering Committee Meeting –  
Tuesday, January 14<sup>th</sup>, 2014  
At Panara Bread on Beechmon at 6:30pm**

**We hope to see you there, your input matters!**

### **Upcoming Meetings:**

**November 26 – Joyful Memories**

**December 3<sup>rd</sup> – Holiday Vigil  
See page 7**

**January 28<sup>th</sup> – Looking Back and Moving Forward**

**February 25<sup>th</sup> – Expressing Ourselves in Writing: I didn't  
Know I Could Write a Poem!**

If you haven't been receiving e-mail notifications about meetings, and would like to receive them, please send your e-mail address to Joel Terbrueggen at joelt@cinci.rr.com

### **More Meeting Information:**

**What is the memory board?** Many of us feel our child (children) around us as we gather to remember them and our memory board gives others a visual of the dear sweet part of us we are missing. The memory board is displayed at each meeting and kept with our supplies until the next meeting. **It means so much to put a face with a name. Would you please share a picture of your child with us? Please bring in any photo (up to 5x7) to place on the memory board.**

If you would like to make a little snack to share with the group it would be greatly appreciated. Please tell us if you are remembering a special day for your child so we may celebrate with you.

**Would you like a "Picture Button" made of your child?** Please bring a photo to the meeting and see Marsha Lohbeck, **she will cut** and press your picture into a beautiful button for you. There is no charge, but donations for supplies are graciously accepted. Actual Button size 2 ¼ inches.

**Would you like to make a submission for the Quarterly Newsletter?** Poetry, letters and thoughts are always needed and I (Annette DeCamp) would be honored to remember your child in a future Newsletter. Please see me at any meeting or e-mail your submission to: annettedecamp@yahoo.com .We welcome any ideas or suggestions for the Newsletter. If I have made any errors, omissions, incorrect dates, misspellings, or any incorrect information, I apologize and ask that you please notify me: Annette DeCamp (513) 886-1634

**Please visit our chapter website at:** [www.tcfcincy.com](http://www.tcfcincy.com) Tim Vinson posts new chapter information and shares our children's photos on this very special site reaching thousands of visitors each year. Please e-mail him directly [tvinsonv@aol.com](mailto:tvinsonv@aol.com) to have your child's name added to the candle page with a flickering flame next to it and your child's photo added to the tribute pages. If you have questions about the website, he would be glad to speak to you at any meeting.

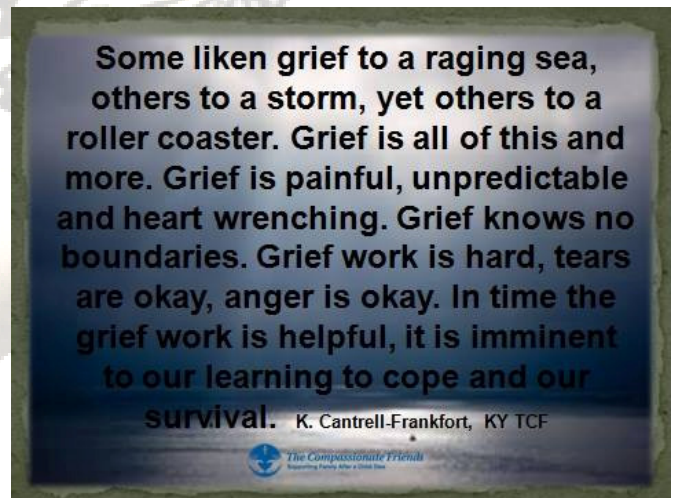
**Our Librarian, Diana Trevino** maintains the library cart with an exceptional selection of reading material and some DVD's covering all stages of grief and that are available for check-out at each meeting. Please see her to check-out the selection of your choice or go over reading material available, she will be happy to help you.

**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, 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

**Thank you to the following for supporting our chapter with your recent Love Gift:**


Joel and Carol Terbrueggen in loving memory of their son, Justin  
Joe and Diana Trevino in loving memory of their son, Daniel  
Lindsay Bibler in memory of her son, Alex's Birthday  
Harry and Marry Boyd in memory of their daughter Claire  
Susan Geising in loving memory of her daughter, Laura  
Jerry and Carol Hoobler for their daughter Kim Kenney  
Jerry Hoobler Jr. for his sister, Kim Kenney  
Anonymous cash donations





Learning to live with loss is not the same as minimizing the life of your loved one. Finding joy in your present and future is NOT a sign that you no longer value or miss those who were so great a part of your past." -excerpt from, "Regaining Strengths", by Michael Nunley



 The Compassionate Friends  
Supporting Family After a Child Dies



Courage doesn't always roar.

*Sometimes courage  
is the quiet voice  
at the end of the day saying  
I will try again tomorrow.*

-Mary Anne Radmacher



The Compassionate Friends  
Supporting Family After a Child Dies

Let me come in where you are weeping, friend,  
And let me take your hand.  
I, who have known a sorrow such as yours, can understand.  
Let me come in -- I would be very still beside you in your grief;  
I would not bid you cease your weeping, friend,  
Tears bring relief. Let me come in -- and hold your hand,  
For I have known a sorrow such as yours,  
And understand.

- Grace Noll Crowell



The Compassionate Friends  
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## Missing You

I just can't believe it...

The sun still rises and sets, The moon and stars still shine,  
The flowers still bloom, The birds still sing.

I expected a change in everything

I just can't believe it...

It still gets dark and light, The ocean still has waves,  
The rain still rains, The wind still blows,  
Is it because they do not know?

I just can't believe it...

I thought the world would stop  
When in my house I found an empty chair, a missing smile  
I thought it would stop For just a while.

I just can't believe it...

~ Gretta Viney (TCF, Yakima, WA)



**The  
Compassionate  
Friends**  
Supporting Family After a Child Dies



Don't tell me that you understand  
Don't tell me that you know.  
Don't tell me that I will survive,  
How I will surely grow.  
Don't tell me this is just a test,  
That I am truly blessed  
That I am chosen for this task,  
Apart from all the rest.  
Don't come at me with answers  
That can only come from me.  
Don't tell me how my grief will pass  
That I will soon be free.  
Don't stand in pious judgment  
Of the bounds I must untie,  
Don't tell me how to suffer,  
And don't tell me not to cry.  
My life is filled with selfishness,  
My pain is all I see,  
But I need you, I need your love  
Unconditionally.  
Accept me in my ups and downs  
I need someone to share,  
Just hold my hand and let me cry,  
And say, "My friend, I care."



**The  
Compassionate  
Friends**  
Supporting Family After a Child Dies

~Joanetta Hendel





## The Compassionate Friends

### Cincinnati-East Candlelight Remembrance Service

Please join us as we come together for a special evening of remembrance where we will share readings, music, poems, friendship, smiles and tears as we honor our children.

**Mark your calendar now:**

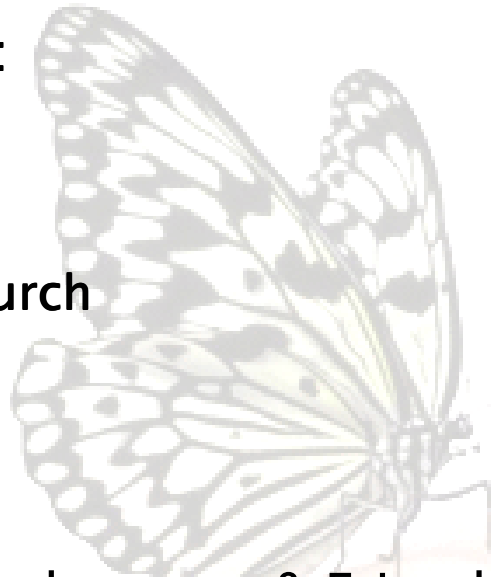
**December 3<sup>rd</sup>, 2013**

**7:00 P.M.**

**St. Timothy's Episcopal Church**

**Parish Hall**

**9101 Beechmont Avenue**



### Parents, Siblings, Grandparents & Friends Welcome

Please bring a framed picture of Your "Loved One" to place a candle by.  
(Candles will be provided)

If you would like to bring an appetizer or dessert to supplement the light meal it would be appreciated.



**This special gathering replaces our normal December meeting.**

**(The next Chapter meeting will be on: January 28<sup>th</sup>, 2013)**

## *Our Beloved Children Remembered*



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

### *October*

Thomas Joseph "TJ" Mitchell  
II  
Ian Dailey  
Mike/Michael Gillis  
Julia Donnelly

William Joseph Fay  
Kelsey Michaela Ficks  
Matt Simpson  
Ralph Keyes  
Bobby Mitts

Kevin Mitts  
Aydan Cooper  
Matt Simpson

### *November*

Jo Ellen Russ  
Cody Johnson  
Mathew A. Harris

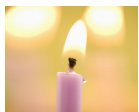
John Burton Jr.  
Paul Saenz

### *December*

Xavier Bainum  
Alison Clark  
Blake DeVercelly  
John Douglas

Patrick John Fox  
Robert Handra Jr  
Marla Hunter  
Andrew "Drew" Meyers

Tara Parks Larbes  
Ashley Marie Weingartner  
Keaton Macaskill



*Lighting a candle, remembering a life....*

### *October*

Scott "Scooter" Christian  
Ethan Frensley  
Kayla Williams  
Kaylynn Madison Hartman

Laura Geisinger Dearth  
Leslie Williams  
Kortney Frensley  
Katie Weal

### *November*

Bryan Shaw  
Gabrielle "Gabby" Bauer  
Brennan Thomas Murphy

### *December*

Joel Spontak  
Heather Vinson

Ryan Burnside  
Alex Bibler

Mark Thole  
Robert Handra Jr

**s**

*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 Terbruggen at (513) 271-6809 or joelt@cinci.rr.com*



**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 griever 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



**In Closing by Annette:**

It is time to write my last “Closing by Annette” and I must say thank you. It has been a pleasure being the Newsletter Editor and a very healing experience for me. At first this task was difficult, reading the material was emotional and hard but the more I did it the easier it became and I started thinking differently. Not how it was affecting me but how it could help, comfort, move or encourage you, the readers. I have so much compassion for each of you my compassionate friends and wish each of you the very best.

I will end with this: May your journey down this path of grief be lighten by the knowledge that you are not alone and people that barely know you genuinely care about you and reach out to you any way you let them, to help you and comfort you the best they can. Don’t be afraid to talk at meetings, we will listen. Don’t be afraid to get angry, we will understand. Don’t be afraid to cry, we will cry with you and pass the tissues. Don’t be afraid to reach out, we are here.

I will see you soon.

So much love.....Big Hug.....Annette



**On behalf of the Steering Committee, until we see each other again, we wish you peace, love and the ability to allow a few smiles to cross your face.**

## **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 ( \_\_\_\_\_ )

\*I DO \_\_\_\_ I DO NOT \_\_\_\_ WANT THE E-MAIL LINK VERSION OF THE QUARTERLY NEWSLETTER

**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.

**THE COMPASSIONATE FRIENDS, INC.  
GREATER CINCINNATI-EAST  
5910 CHEROKEE DR.  
CINCINNATI, OH 45243**

**DATED MATERIAL—PLEASE DELIVER PROMPTLY**

**October, November, December 2013**

The Compassionate Friends  
Cincinnati-East Candlelight Remembrance Service

Please join us as we come together for a special evening of remembrance where we will share readings, music, poems, friendship, smiles and tears as we honor our children.

**Mark your calendar now:**

**December 3rd, 2013**

**7:00 P.M.**

**St. Timothy's Episcopal Church**

**Parish Hall**

**9101 Beechmont Avenue**



**See page 7 for all the details!**

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