



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

CINCINNATI-EAST CHAPTER

April, May, and June 2014

Chapter Leader: Joel & Carol Terbruggen (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.tcfcincy.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 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 – Lindsay Bibler

Librarian – Diana Trevino

Love Gifts – Joe Trevino

Website Manager – Tim Vinson

Additional Members – Carol McGary

Marsha Lohbeck

Dianna Mitts

Susan Geisinger



TELEPHONE FRIENDS

Marsha Lohbeck 513-236-5827

Son – Keith – Suicide

Tim Vinson 513-943-1322

Daughter – Heather – Auto Accident

UPCOMING MEETINGS:

April 22

Dianna Mitts

Ask-it-basket

May 27

Steering Committee Balloon Launch

June 24

Steering Committee Women Upstairs/Men Downstairs

THE COMPASSION FRIENDS NATIONAL MEETING

Miles of Compassion through winds of hope.

July 11-13, 2014

http://www.compassionatefriends.org/News_Events/Conferences/National_Conferences.aspx

or ask someone on the 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 1st quarter of 2014:

**Carol & Joel Terbrueggen
Robert & Cheryl Carmack
Carol McGary
Joe & Diana Trevino
Gregory & Carole Spontak
Ann & Mike Hall
Jerry, Carol & Joseph Jr.
Robert and M.L. Shaffer**

**In memory of son Justin
In memory of daughter Peyton Olivia
In memory of son Jeff Chacksfield
In memory of son Daniel
In memory of son Joel
In memory of grandson Kyle Davis Simonson
In memory of daughter/sister Kim Kenney
In memory of granddaughter
Kelsey Michaela Ficks**



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

<u><i>April</i></u>	<i>Addison Craft Nick Smith</i>	<i>Jordan Angelina Hoak Justin Schumacher</i>
<u><i>May</i></u>	<i>Keith Lohbeck Heather Vinson Justin Terbrueggen</i>	<i>Kyle Davis Simonson Ellen JoLynn Potter</i>
<u><i>June</i></u>	<i>Eric Fischer Kim Kenney Ashley Miller Ryan Fortsman Leslie Williams</i>	<i>Laura Geisinger Dearth Gabrielle "Gabby" Bauer Nash Jaxson Lindsay Melisa Urbisci</i>





Lighting a candle, remembering a life....

<u>April</u>	Matt Simpson	Tempy Matanguihan
<u>May</u>	David Braun II Nick Smith	Jeff Chacksfield Keith Lohbeck
<u>June</u>	Jenny Kipling John Burton Jr.	Ryan Fortsman

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 joelt@cinci.rr.com

SORROW
By Abraham Lincoln

In this sad world of ours, sorrow comes to all,
And it often comes with bitter agony.
Perfect relief is not possible,
Except with time.
You cannot now believe that you will ever feel better.
But this is not true.
You are sure to be happy again.
Knowing this, truly believing it,
Will make you less miserable now.
I have had enough experience to make this statement.

(They lost 3 sons, ages 7, 12, and 18.)
Only one lived to adulthood.

ONE OF THESE DAYS

By Tom Murphy

One of the days I hope I'll know
What all of this was for.
One of these days I'll realize
I can't change what's gone before.
One of these days I'll realize
None of this matters anymore.
One of these days I will accept
That my life's work is done.
One of these days I'll probably regret
That I didn't have more fun.
One of these days- hopefully sooner rather than later
Our son and his wife will have a child.
One of these days- hopefully sooner than later
Proud grandparents- won't that be wild.
One of these days when I ask these questions
I'll be given the final answers.
One of these days I'll finally know
Why we were chosen to bear this cross.
One of these days I'll understand
Why we were dealt the greatest loss.
One of these days I'll have to atone
For the wrongs that I have done.
One of these days this game will be over
The fat lady will have sung.
One of these days I'll pick up this pen
To write down the things that I think.
One of these days I don't know when
My pen will have run out of ink.
One of these days I'll be an old man
I'll try to talk but I won't remember.
One of these days I'll have the answer
What happened that day in November.
One of these days I'll be sorry
That I have no legacy to leave behind.
One of these days I'll just be a memory
In someone else's mind.
One of these days I'll be one of them
Waiting in a sea of departed souls.
One of these days I'll be the one
For whom the bell tolls.

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

A note from Lindsay:

Our son died the week before Christmas in 2009. The first spring after his death, I found that I no longer enjoyed spring. In fact, it really annoyed me. My world had stopped and yet the earth began its renewal. The flowers and trees that used to be joyous and hopeful to me as the sign that winter was ending were now taunting me. It is now the fifth spring (!) since Alex’s death, and for the first time, I found myself looking forward to spring blossoms. Don’t misunderstand; I don’t totally enjoy spring or anything else. But the sadness has become a background and there are periods of fun and happy distraction. There will be moments of joy in your life again. There will be a smile at the forsythia and dogwoods, if you used to smile at them. It just takes a while. A long while.....

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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