



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

CINCINNATI-EAST CHAPTER

October, November, December 2011

Chapter Leader: Joel & Carol Terbrueggen (513) 271-6809
Newsletter Editor: Annette DeCamp (513) 886-1634
Regional Coordinator: Dean Turner (614) 402-0004

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 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
FRANCISCAN TERRACE OF ST. CLARE CENTER
80 COMPTON RD. (HARTWELL)
CINCINNATI, OHIO**

Take I75 North, turn left on Galbraith, right on Vine, and left on Compton at Hardee's. Go to 2nd parking lot adjacent to the Franciscan Terrace at St. Clare's Center. Meeting located in meeting room next to swimming Pool adjacent to outside Gazebo and Statue of St. Frances. For those coming South on I-75, turn right On Galbraith and follow as above.

Meetings are held at 7 p.m. the first Monday of the month (unless that Monday is a holiday, then the meeting is held on the second Monday).

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 – Annette DeCamp

Librarian – Diana Trevino

Love Gifts – Joe Trevino

Website Manager – Tim Vinson

Additional Members – Carol McGary

Marsha Lohbeck

Dianna Mitts

Telephone Friends

Ann Hall 859-356-5232

Grandson – Kyle – Drowning

Jackie Guthier 513-474-5810

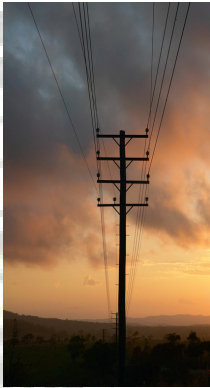
Grandson – Kyle – Stillborn

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!*

Are you ready to be a telephone friend?

Contact Carol Terbrueggen (513) 271-6809



Time –

It's the best gift we can give anyone.

Favorite saying of: Ronnie Kissinger

(My Mom)



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:

Connie Schott in loving memory of her son, Rob Schott

Kathy Schwartz in loving memory of her son, Andrew Schwartz

Joel and Carol Terbrueggen in loving memory of their son, Justin Terbrueggen

Joe and Diana Trevino in loving memory of their son, Daniel Trevino

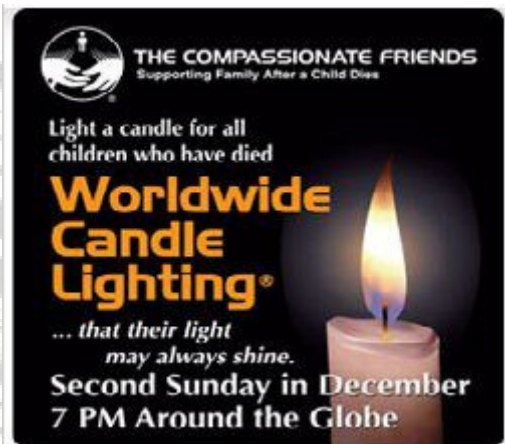
Gene and Joan Sheehan in loving memory of their son, Eric Sheehan

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 – Jan. 10, 2012
At the Anderson Township Kroger on Beechmont
Ave in the Cafeteria area 6:30pm
We hope to see you there, your input matters!**



Upcoming Meetings:

**October 25th – Art Experience
Facilitated By: Susan Carlson**

**November 22nd – Coping with the Holidays
Facilitated By: Diana Trevino**

**December 6th – Holiday Program
Replaces regular monthly meeting**

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 Terbruggen at joelt@cinci.rr.com

Autumn



In the fall
When amber leaves are shed,
Softly—silently
Like tears that wait to flow,
I watch and grieve.
My heart beats sadly in the fall;
'Tis then I miss you most of all.

Lily de Lauder
TCF Van Nuys, CA

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.

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.

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.tfcincy.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 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.

From the Compassionate Friends/USA Facebook Page:

My grief does NOT own me! I OWN my grief!!! And I will carry it and EXPRESS it, in any way that I see fit, any way that my heart tells me will help me to survive it!

No one can tell me what is best for me when it comes to my grief. Only I know that.
And I have done an INCREDIBLE JOB surviving it so far!!! :) -Tammy Brown

Went to my TCF meeting last night and it was amazing as always. One of the mom's was telling us how she had to seek out a new psychologist because the one she had been seeing for a period of time had died.

She went to the first meeting and she was sharing her grief about the death of her son. His response, "It was 18 months ago....don't you think it's time to move on?" Of course she was flabbergasted that a

"professional" would say something like that. Her response, "It was a MINUTE, only a MINUTE ago!" He backed down immediately.

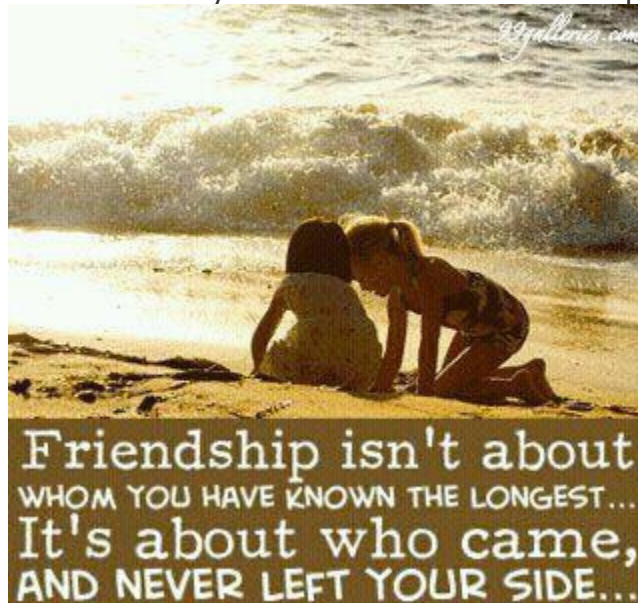
Today is my daughter's 2nd anniversary. She would be 20 yrs. old in 11 more days, she would so love to be 20 yrs. old, 15 of her friends will be coming to our home tonight for a get together, share a memory.

I am giving out a Christmas tree ornament to each friend inscribed with. FOREVER LOVED with her name and 2011, my goal is to continue this each year with a different ornament each year for her friends' trees.

I have such mixed/ anxious feelings of seeing a lot of these kids now young adults tonight, some are pregnant, some home from college, some in their cosmetology careers. My mind just wanders, what would my Kristina be today??? Would I be a grandma to be too??

Sometimes after you lose a child you need to clean out your "friend closet".

Some just don't "fit" anymore while some new ones fit perfectly.



If you have not joined or checked out the Compassionate Friends on Facebook, it is worth a visit. Please stop by and "like" their page and join the discussions.

www.facebook.com/TCFUSA

The Holidays are coming.....

It's that time again; the holidays are right around the corner. How many of us want to hide and hope they all pass by quickly? How many of us are a little further down the road and are able to enjoy our families? How many of us are even further down that road and are looking forward to spending time with friends and family we don't see often enough?

At each meeting I notice that many of us are at different places in our grief journey. Our common bond is still the same; we miss our child/children. We get up each day and remember them in our own way and go about our lives. The holidays bring more challenges for those of us struggling with grief. We have to exercise more caution around others, sometimes their giddy happiness will send us right off the grief cliff. Our anger button is trigger sensitive and we need to remind ourselves often, that no one is trying to make us miserable.

During this holiday season, please be kind to yourself. Be selective in invitations you accept and don't over do it. Don't be afraid to say, no thank you or you have others plans.....no need to explain that if you attended their party you would sit in a corner and shoot beans from a spoon at all the unsuspecting guests (←Execration.....I know you wouldn't do that). You are entitled to choose how you want to celebrate or if you celebrate at all.

Give yourself time to remember your child. Write him/her a note. Include him/her in the Thanksgiving prayer. Drop a note in their stocking. Light a candle and say a prayer or a poem you have that means something to you.

Take time for yourself too; A bubble bath, a long walk (with no cell phone), peaceful music, window shopping, sipping hot chocolate.....what ever you **might** find relaxing.

Personally, I am hoping that awkward moment when the family is around the Thanksgiving table and all eyes are on me....whats she gonna say....is she gonna cry....is she okay.....will she mention Michael (yes, I will).....I just want that moment to pass quickly.....I feel Michael so much at that time.....it is hard....he is missing from the table and missed. That empty chair.....gosh I hate it.....

I am sincerely wishing all of you a pleasant holiday season, surrounded by people who care about you and will help you get though these difficult days....even if it means just leaving you alone for little while.....



Annette TCF Cincinnati East 2011

Missing You

I sometimes talk to your pictures
when no one else is around.
They listen patiently to my ramblings
They smile and never make a sound.

There's one picture in particular
your eyes right in my line of sight
the smile on your face reflects the joy
on one of the happiest days of your life.

That picture has been my whipping post
many heavy conversations in the past six years
it's witnessed the gamut of my emotions
it's seen me laugh, it's seen countless tears.

There have even been some times
when that picture almost seemed to smirk
after I sincerely apologized
for all the times I was a jerk.

Of all the pictures that we have of you,
it would be impossible to pick just one.
There's just something about your smile
I didn't see it until you were gone.

So many things you never got to do
Your time ran out before your dreams came true.
I'll look into your eyes and talk to that picture
I'll see you again someday. I miss you.

In Memory of Brennan
8-11-19** / 11-05-19**
By Tom Murphy
September, 2011

A Christmas Story

When I was just a little girl
Around the age of three
I remember a Christmas
When Santa came to see me

A doll wrapped up
In a pretty bright red bow
Long golden hair to stroke
Oh my, how my heart glowed

And then came a Christmas
Later on in time
When I shared my first Christmas
With a son that was all mine

A few years later down the road
When he was only five
I didn't know it would be
The last Christmas in my life

Now on Christmas
As many in all these years
I spend my days at a grave
Shedding many tears

The Holidays come every year
That, I cannot change
But through all my memories
My memories I can rearrange

I can remember all the good years
That he and I had shared
I can still here the giggles
When he got that talking teddy bear

I can remember the hugs and squeals of "OH MOM"
As each gift he opened on that day
I can sit back and smile remembering
Before the angels took him away

Now I am older than I once used to be
But my mind drifts back
To what once was on Christmas
When my son was on earth with me

I tuck my head to fight the snow
As I wade through the fenced in graves
I've got my gift to give to him
On this years' Christmas Day

Sharon Bryant
In Memory of my son, Andrew Frank Dunbar

Our Beloved Children Remembered



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

October

*Gerald Nolan "Michael" Gillis
Julia Donnelly*

*Matt Simpson
Ralph Keys
Bobby Mitts*

*Kevin Mitts
Mary Rose Petri*

November

*Ian Matthew Graves
Cody Johnson*

*Lewis "Louie" Gabbard
William Joseph Fay
John Burton Jr.*

*Paul Saenz
Jay Triggs*

December

*Xaiver Bainum
John Douglas*

*Andie (Andrea) Gordley
Marc Tyler*

*Andrew Swartz
Blake DeVercelly*



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

October

Scott "Scooter" Christian

Laura Geisinger Dearth

Kaylynn Madison Hartman

November

*Bryan Shaw
Gabrielle "Gabby" Bauer
Brent D. Keeton*

*Brennan Thomas Murphy
Ian Matthew Graves*

*Andrew Swartz
Aaron Ziller*

December

*Joel Spontak
Robby Kelly
Amanda Marie Dickston
Jill Mischler Ott*

*Carlie Lynn Schulenberg
Heather Vinson
Ryan Burnside
Rob Whitaker*

*Alex Bibler
Bobby Mitts
Marc Tyler
Ashley Lane Hach*

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

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 6th, 2011

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.



A very special thank you to:

**Western Southern Financial Fund for their grant to The Compassionate Friends East for our
Candlelight Remembrance Service.**

To Our New Members:

Coming to those first few meetings is the hardest thing to do. But you have nothing to lose and everything to gain. Please remember, nothing is required of you. There are no fees or dues. You need not speak a word, if you chose. We are here to comfort and support you because, "we have been there." We have all had parts of our hearts torn apart, yet our wounds get a little smaller with the loving touches, friendly smiles and kind reassuring words from each other.

Try not to judge your first few meetings as to whether or not TCF will work for you. At your first meeting you were probably hoping that TCF could get you over your terrible pain and depression, loneliness, guilt and anger and all the other faces of grief. I know I did! Instead you meet other parents who are still coping with forms of grief after months or even years but there are some parents who are truly "OK." It's a process and takes time as we rebuild our lives, one piece at a time. Each meeting may provide a piece, with which to rebuild, eventually you will find the road to recovery, as we did.

To Our Long-Time Members:

We are deeply saddened when we have to welcome new members to our circle, knowing there are parents, grandparents and siblings hurting as much as we did when we first started coming to TCF. It reminds us of the deep loss and pain we felt as we walked through the doors at St. Timothy, for the first time. We need the help and support of our long-time members to help these families. Will you consider coming to a meeting to help listen, and talk with newly bereaved family members, as often as you are able?

Please remember your first meeting of The Compassionate Friends, as you began your grief journey, there were those who listened and hugged us and cried with us. If two years or more have passed since the death of your child, and you feel that you ready to give back, please consider a place of service in our chapter. There is a job for everyone, please give me a call, 513-271-6809.

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



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 QUARTERLY NEWSLETTER BY U.S. MAIL

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

In Closing by Annette:

As we go through this grief journey many of our relationships change, get stronger or just fade away completely. Watching my grief brought additional pain to my mother. That helpless "how do I fix her" feeling. On top of losing her grandson, she watched her daughter slip into that "grief comma" that consumes us all in the beginning. My mother and I have grown together. She has helped me and I have helped her. That's what we do right? We learn how to teach those we love what we need, what will help us and what to avoid. My mother is my rock....she is a safe place.....I can say anything....and although she may not understand or agree with me, she allows me that. She listens and gives gentle guidance. It wasn't always like that....you know we mothers want to wave that wand and make our children better....she struggled at first, but cared enough to give me time....dry my tears....and look forward to the day my smile would return. To hear me laugh again lit up her face and brought her own tears to the surface..... that realization that her daughter was healing. Mom has watched, pushed and pulled me along with the kindness and sincere words that only true love can bring. My Michael's Birthday was October, 7th and my mother sent me a wonderful letter that I would like to share with all of you.

Dearest Mia,

October 7, 2011

"My Mike" - that's what I heard on a TV show and thought of you. "My Michael", you would say (and still do). I think you have more connection with Michael than anyone, except me, your Mother. He was your glue. In him, you saw how sensitive, thoughtful and caring a man could be. These were the attributes you've searched to find in a man since you were seventeen. Of course, no human is perfect but having faults is common and having fine qualities is not. Knowing these things were part of Michael made you proud and better able to accept what you have in your life rather than what you don't. He left us way too soon and we, who really knew him, have a void in our lives. Now, we must rely on the wonderful memories of our moments with him. He would want you to be the best you can be. Your dreams need to be achieved. Your years on earth are not numbered except for the obstacles you and others put in the way. Joining the Compassionate Friends was the best move you made after Michael died. There, you found many wonderful friends and strangers who, when searching for their own healing, they helped you and others. Healing is hard work. You are still working at it and will continue until your last breath. Life is worth all the hardships we endure; it strengthens us, enabling us to be better people. Humans are no good to others unless they tend to themselves first. Not in a selfish way but rather a healthy way. One's mindset shows in every move they make. Happy thoughts = a radiant, sincere smile towards others. Passing good feelings on makes for a better world. Michael is rooting for you. He has the confidence in you that you had for him.

Enjoy Michael's birthday. It doesn't have to be a public display. Learn to celebrate what time we had with Michael. I, for one, thank you for the gift of Michael's Being. Without you, I wouldn't have experienced the pleasure of his company. He gave me many, many special hours. And you know what I say about *Time* - It's the *best* gift we can give anyone.

***I'll Love You Forever,
Mom***

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**

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

DATED MATERIAL—PLEASE DELIVER PROMPTLY

October, November, December 2011

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 deaths.

www.tfcincy.com – Our local East Chapter

<http://www.griefnet.org/> - GriefNet online grief support community

<http://www.growthhouse.org> – Information on death and dying issues

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