



THE COMPASSIONATE FRIENDS

CINCINNATI-EAST CHAPTER

**PROVIDING AN EXTRA MEASURE OF CARE FOR BEREAVED PARENTS,
GRANDPARENTS & SIBLINGS**

October, November, December 2010

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

*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*

NEWSLETTER: We welcome any ideas or suggestions to 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

E-mail address for Annette: adecamp@roadrunner.com

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

WEBSITE: www.tcfcincy.com

CONTACT: Tim Vinson, e-mail: tvinsonv@aol.com



*As long as I can I will look at this world for both of us. As long as I can I will laugh with the birds, I will sing with the flowers, I will pray to the stars, for both of us. ~
Sascha*

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

**We would like to extend our deepest thanks
for the following recent Love Gifts:**

Joel & Carol Terbrueggen – In loving memory or their son:

Justin Terbrueggen

Joe & Diana Trevino – In loving memory of their son:

Daniel Trevino

Carla Swartz – In honor and loving memory of

Michael Gillis a dear family friend

Marsha Lohbeck – In loving memory of her son:

Keith Lohbeck

Lindsay & Mark Bibler – In loving memory of their son:

Alex Bibler

Janice Kohlem – In loving memory of:

Nicholas Daniel Smith

David & Danette Kappelman – In loving memory of their

daughter: Karen Kappelman

Jon & Maureen Grote – In loving memory

Diane Simpson – In loving memory of her son:

Mathew Simpson

Donald & Eva Bright – In loving memory of their

Granddaughter: Amanda Marie Dickston

Anonymous Donation – Thank you

Please see page 10 for more Love Gift information.

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 7:00 p.m.
(Except for December)

Next Steering Committee Meeting –
January 12th, 2011
At the Anderson Township Panera Bread
on Beechmont Ave. 6:30pm

We hope to see you there, your input matters!

Upcoming Meetings:

October 26th – Coping with the Holidays
Facilitated by: Diana Trevino

November 23rd – Topic-TBA
Facilitated by: Marshae Amarante, LPAT, ATR-BC

December 7th – Please see page 9
Facilitated by: Joel & Carol Terbrueggen

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

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.

[Please see Diana Trevino at the next meeting to check out a book from our Library Cart. Many selections are available that can help you through all stages of grief.](#)

A few selections available from the Library Cart:

Healing for Damaged Emotions – By: David A. Seamands
This book uses realistic and scriptural approaches for personal growth.

The Seven T's, Finding Hope and Healing in Tragedy – By: Judy Collins

This well known musician lost her son to suicide. Her journey has refined seven steps toward healing: truth, trust, therapy, treasure, thrive, treat and transcend.

Recommended From TCF National Office: Where to Buy Grief Books

Looking for a particular grief book? Look no further than Centering Corporation, the official recommended grief resource center of The Compassionate Friends. With the largest selection of grief related resources in the United States, Centering Corporation will probably have just about anything you're looking for-or they'll be able to tell you where to find it.

Call Centering Corporation for a catalog at 402-553-1200 or visit their website at www.centering.org .

When ordering, be sure to mention you are with The Compassionate Friends and all shipping charges will be waived.

Information from TCF National Office:

Sign up for Compassionate Friends E-Newsletter

The Compassionate Friends National Office publishes a monthly e-newsletter designed to keep you up-to-date on what's going on with the organization and its 630 chapters.

Published once a month (as well as occasional special editions), the e-newsletter includes information on such things as TCF National Conferences, the Walk to Remember, the Worldwide Candle Lighting, regional conferences, and other events of importance.

Each e-newsletter also includes a story specially selected from a past edition of *We Need Not Walk Alone*, the national magazine of The Compassionate Friends. For the siblings, the e-newsletter features a past question and answer column by Dr. Mary Paulson.

All you have to do to receive The Compassionate Friends e-newsletter is sign up for it online by visiting The Compassionate Friends national website at www.compassionatefriends.org and clicking on e-newsletter at the top of the Home page.

TCF "Online Support Community" Offers Opportunity for Grief Sharing

The Compassionate Friends national website offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions. These include "Pregnancy and Infant Loss," "Bereaved 2 Years and Under," "Bereaved 2 Years and Over," "No Surviving Children," "Survivors of Suicide." There are also sessions for surviving siblings.

The sessions last an hour and have trained moderators present. For more information, visit www.compassionatefriends.org and click "Online Support" in the "Resources" column.

TCF National Organization Now On Facebook

Please visit and help promote The Compassionate Friends National Organization's new Facebook page by becoming a fan. You can get there by clicking on the link from TCF's national website home page at www.compassionatefriends.org. Or, you can log into Facebook and search for The Compassionate Friends/USA.

"We want this to be both an informative and supportive place for those of us who are mourning the death of a child, sibling, or grandchild," says TCF's Executive Director Patricia Loder. "All are welcome to leave messages and talk about the child and their grief. As in our meetings, we especially appreciate shared insights about anything that has brought you comfort, hope, or some measure of peace."

Our Facebook page will provide a forum for free and open conversation. While messages will be reviewed, they will not be screened before they are posted. So we are asking members to be gentle and respectful of one another and to use common sense in their posts-no offensive language, no overt selling of products or services and no religious proselytizing. Also, keep in mind that all opinions expressed are those of the individual poster and do not necessarily reflect those of The Compassionate Friends, Inc. or its sponsors.

In addition to the social support aspect, The Compassionate Friends/USA Facebook page will have information about upcoming events such as conferences, the Walk to Remember, and the Worldwide Candle Lighting. Please visit often and contribute to the conversation.

In the near future, TCF will also be expanding our social media presence in Twitter. Watch for an announcement. These social media initiatives are important to TCF because they will help increase public awareness about our organization and better enable us to fulfill our mission to help bereaved parents, siblings, and grandparents.

For more information, you may call TCF's National Office toll-free at 877-969-0010 or write wayne@compassionatefriends.org

Letters to an Angel

There have been times since you have been gone when I felt that you were near. Only an Angel could do that, because you are no longer here.

Just wishful thinking, I don't think so. My heart tells me it's you, a slight breeze that little flutter, like an Angel's wings might do.

It could only be an Angel's arms, the power of some unseen will that carried us here from where we were the day the earth stood still.

You'd be so proud of your brother, with his music and his degree, a wonderful girlfriend, a positive attitude, a life full of possibilities.

Your Mom and I have our good days and bad. Outward appearances might say we're okay. You're still our first thought in the morning, our last breath at the end of the day.

We know that you're in heaven but it will always make us cry to whisper your name in the darkness and know we'll have no reply.

It's hard to let you go. To admit that this was God's plan. For there is now to be an Angel where once stood a son and a man.

The flames have gone, the embers slowly die. The ashes of our words now part the sky. We've sent this letter to our Angel.....

Love,
Mom and Dad, Goodbye

In loving memory of our son, Brennan Murphy
1978-2005
By: Tom Murphy September, 2008

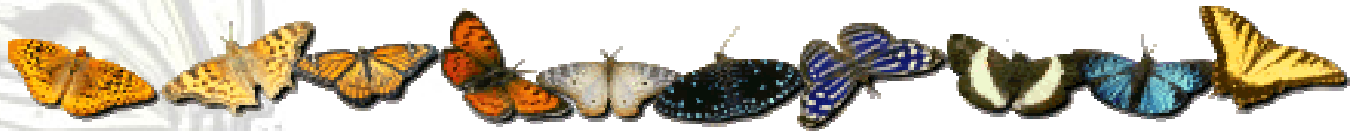


Kaylynn 5/04-10/07

Remembering Kaylynn:

Once in awhile parents will share with us some of the things they do to honor and remember their child. Steve and Vanessa Hartman recently shared with us a walk they participate in each year for Children's Hospital. The creation of Kaylynn's Krew (team name) has helped them give back to the community that supported, comforted and cared for Kaylynn. It has also helped them feel productive during a very difficult time, as the walk is always close to Kaylynn's anniversary date.

We hope they feel our presence too this year as they march along lovingly remembering their precious little girl.



FEELINGS

By: Sally Migliaccio ~ TCF, West Islip, NY

Her clothing is folded in tidy array
How it was left is how it will stay.
Her desolate dresser silently weeps
in the still of the night, when everyone
sleeps.

The closet continues to guard and
protect items hanging on hangers,
forlorn with neglect.

The bed she adored, where she
bounced high with glee cries invisible
tears when no one can see.

The bathtub she splashed in will not
again see someone who will love it as
fiercely as she.

It sits idle now, no longer a "star"
And asks (in its way) if I know where
you are.

The house that she lived in, the yard
where she played

are missing the landscape of love that
she laid.

Her numerous playthings, her once
favorite toy languish mournfully now
without any joy.

This dwelling called "home" has
relinquished its heart,

That gift from the one who was forced to
depart.

Now it withers from grief—it's spirit
extinct and we watch through our tears
as the walls seem to shrink.

Our angel was gone in the blink of an
eye she took the light with her that day
in July.

Yet now there are times when my heart
feels her near

Then I know she's not left me ... her love
is still here.

(For Tracey, Always)

Our Beloved Children Remembered



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

October

Mary Rose Petri

G.N. Michael "Mike" Gillis

Matt Simpson

Matt Simpson

Ralph Keyes

William Joseph Fay

Bobby Mitts

Kevin Mitts

Julia Donnelly

Daughter of George & Bea Petri

Step Son & Son of Jim & Annette DeCamp

Son of Diane Simpson

Nephew of Elaine Goetz

Son of Dana Guastini

Son of Joey & Jennifer Fay

Son of Dianna Mitts

Son of Dianna Mitts

Daughter of Jim & Joan Donnelly

November

William Joseph Fay

Lewis "Louie" Gabbard

Paul Saenz

Ian Matthew Graves

Son of Joey & Jennifer Fay

Son of Becky Mosey

Son of Charles & Carolyn Saenz

Son of Christy Bishop

December

Andie (Andrea) Gordley

Marc Tyler

John Douglas

Xavier Bainum

Andrew Swartz

Daughter of Jim & Sue Gordley

Son of Katie Mardente

Son of Robert & Cindy Douglas

Son of Brian & Paige Bainum

Son of Don & Kathy Swartz

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



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

October

*Scott "Scooter" Christian
Kaylynn Madison Hartman
Laura Geisinger Dearth*

*Son of Gary & Barbara Christian
Daughter of Steve & Vanessa Hartman
Daughter of Allen & Susan Geisinger*

November

*Ian Mathew Graves
Brennan Thomas Murphy
Andrew Swartz
Brent D. Keeton
Aaron Ziller
Kristyana Mari*

*Son of Christy Bishop
Son of Tom & Nannette Murphy
Son of Don & Kathy Swartz
Son of Tina McCabe
Son of Patty Sternberg
Daughter of Amanda Sutton*

December

*Marc Tyler
Robby Kelly
Sheena Marie Miles
Joel Spontak
Ryan Burnside
Heather Vinson
Jill Mischler Ott
Alex Bibler
Bobby Mitts
Amanda Marie Dickston
Carlie Lynn Schulenberg*

*Son of Katie Mardente
Son of Gayle Kelly
Daughter of Kim Sundin
Son of Greg & Carol Spontak
Son of Jean Burnside
Daughter of Tim and Donna Vinson
Daughter of John & Jane Mischler
Son of Mark & Lindsay Bibler
Son of Dianna Mitts
Granddaughter of Don & Eva Bright
Daughter of Don & Connie Ward*

*I miss you beyond words could ever express.
I loved you forever and will love you forever more.
In Heaven, you are Spirit forever free.
Just remember to save a space for me.*

*submitted by: Barbara Reboratti
TCF Quakertown Chapter PA*



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 7th, 2010

7:00 P.M.

St. Timothy's Episcopal Church

Parish Hall

9101 Beechmont Avenue

Parents, Siblings & Grandparents Welcome

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

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, and to Charlie and Carolyn Saenz for donating the service votive candles in loving memory of their son: Paul.

Please stay after the service to enjoy a light snack and the warmth of friends.
If you would like to bring a dessert to share it would be appreciated.



**THE
COMPASSIONATE
FRIENDS**

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CINCINNATI-EAST CHAPTER

PROVIDING AN EXTRA MEASURE OF CARE FOR BEREAVED PARENTS, GRANDPARENTS & SIBLINGS

New Love Gift Opportunities:

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.

The TCF Cincinnati-East Steering Committee positions are all volunteer slots. None are paid positions. We are members volunteering our time, talent and idea's to help support an organization that has helped us. We give of ourselves to help fulfill the need and desire we have to help others struggling through this tragic grief journey.

Q. How are my contributions be used?

A. All funds donated to TCF Cincinnati-East stay here to be used by our chapter. Funds are used to cover the costs of the Newsletter, Special Programs such as: the Holiday Remembrance, the Balloon Launch, Special Music Programs etc. We pride ourselves on being as thrifty as possible and stretching the dollar to the maximum limits. We do however depend entirely on voluntary contributions from individuals and organizations to meet Chapter Expenses. With that being said we would like to offer you the opportunity to make a donation and write your own message of love, to be published in the Newsletter. We are also adding a place for you to help us decide how your donation is used (see form below). If you e-mail a picture to Annette at: adecamp@roadrunner.com, it will be printed along with your message. Please make your message 100 words or less. Our goal is to have one to two pages show casing writing from our members (we will gladly make more pages if needed, let's hope so).

TCF Cincinnati-East Love Gift

PLEASE PRINT

Your Name(s): _____ Phone Number: _____

Address: _____

My love gift is in memory of _____

Relationship _____ Year of Birth _____ Year of Loss _____

Please make your check payable to: TCF Cincinnati-East Chapter (Donations are tax deductible, please request a receipt if needed)

Please mail to: Annette DeCamp, PO Box 460, Amelia, Ohio 45102
(Annette will forward checks to the treasurer after copying messages for the Newsletter)

I/We would like our love gift to be used for:

Special Events/Speakers _____ Candle Lighting Program _____ Balloon Release Program _____

Quarterly Newsletter _____ General Operating Expenses, however you see fit _____

Please write your message of love on the back of this form or on a separate sheet of paper.

Halloween

It is here, this day of merriment and children's pleasure.
Gremlins and goblins
and ghosties at the door
of your house.
And the other children
come to the door of your mind.
Faces out of the past,
small ghosts with sweet, painted faces.
They do not shout.
Those children
who no longer march laughing
on cold Halloween night,
they stand at the door of your mind—
and you will let them in,
so that you can give them
the small gifts of Halloween—
a smile and a tear.

—WINTERSUN by Sascha

First Thanksgiving

The thought of being thankful fills my heart with dread.
They'll all be feigning gladness, not a word about her said.
These heavy shrouds of blackness enveloping my soul,
pervasive, throat-catching, writhe in me, and coil.
I must, I must acknowledge, just express her name,
so all sitting at the table, know I'm thankful that she came.
Though she's gone from us forever and we mourn to see her face,
not one minute of her living, would her death ever replace.
So I stop the cheerful gathering, though my voice quivers, quakes,
make a toast to all her living.
That small tribute's all it takes.

Genesse Bourdeau Gentry
From: *Stars in the Deepest Night –
After the Death of a Child*

From Carol to our Families:

To Our New Members – coming to the first meeting is truly the most difficult of tasks, but you have nothing to lose and everything to gain! Try not to judge your first meeting as to whether or not The Compassionate Friends will work for you. At the next meeting you may find just the right person or just the right words that will help you in your grief. The purpose of our meetings is to listen, share and hopefully offer support. Please know you have found a place where people understand, will listen if you want to share, and deeply care about you as you navigate through your grief.

To Our Seasoned Members – We need your encouragement and 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.



In Closing by Annette:

As the holidays approach I can't help but reflect back to that first year..... each holiday can be hard, but that first year was brutal. I can suggest that you remember to take a few minutes for yourself. Don't be afraid to light a candle at family gatherings and softly talk to your child or write a letter to him/her. You are not alone.....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.

Normal day, let me be aware of the treasure you are.

Let me learn from you, love you, savor you, bless you before you depart.

Let me not pass you by in quest of some rare and perfect tomorrow.

Let me hold you while I may, for it will not always be so.

One day I shall dig my nails into the earth, or bury my face in the pillow, or stretch myself taut, or raise my hands to the sky, and want more than all the world for your return.

~by Mary Jean Irion



THE COMPASSIONATE FRIENDS
Supporting Family After a Child Dies

Light a candle for all
children who have died

**Worldwide
Candle
Lighting®**

*... that their light
may always shine.*

**Sunday, December 12, 2010
7 PM Around the Globe**



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

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

MONTHLY MEETING FACILITATORS

It is my pleasure to reflect back and thank the facilitators we have had for our monthly meetings. Because these people are willing to share their time, personal experiences and guidance, we are able to provide well rounded meetings that are designed and geared towards helping and comforting others through their grief journey. On behalf of the all the members of the Cincinnati-East Chapter we send our sincerest expressions of thanks to all of our 2010 facilitators'.

Do you have an idea or suggestion for an upcoming meeting you would like to have considered? Are you able to share as a facilitator?

Are you from another chapter and have had an exceptional topic you think our chapter would enjoy or benefit from?

Please contact: Joel or Carol Terbrueggen joelt@cinci.rr.com carolt@cinci.rr.com

The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow.

We Need Not Walk Alone.
We Are ©The Compassionate Friends

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

DATED MATERIAL—PLEASE DELIVER PROMPTLY

October, November, December 2010

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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