

THE COMPASSIONATE FRIENDS, INC.

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

GREATER CINCINNATI-EAST

January/March 2008

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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 our group, but we 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 in the small conference room on the first floor of the building, directly across from the 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)

Feb 26 Grief in Couples and Grieving Alone

Mar 25 Grief in the Workplace

Apr 22 We Cherish Our Child's Name

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
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P.O. Box 3696
(877) 969-0010

Oak Brook, IL 60522-3696

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.

MATCHING 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. 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/

NEWSLETTER: We welcome any ideas or suggestions to the Newsletter or monthly meetings. Please contact Joel or Carol Terbrueggen (513) 271-6809 or e-mail joelt@cinci.rr.com or carolt@cinci.rr.com.

WEBSITE: Check it out – www.tfcincy.com Contact Tim Vinson, e-mail tvinsonv@aol.com

**Greater Cincinnati-East
Steering Committee**

Chapter Contact Joel & Carol Terbrueggen
(513) 271-6809

Treasurer Joe Trevino

Newsletter Editor Joel & Carol Terbrueggen
(513) 271-6809

Librarian Diana Trevino

Love Gifts Joe Trevino

Website Manager: Tim Vinson
Email tvinsonv@aol.com

:

Additional Members: Carol McGary
Marsha Lohbeck
Nita Dotson

**Greater Cincinnati-East
Telephone Friends**

Ann Hall (859) 356-5232
“Kyle” (grandson) - Drowning

Jackie Guthier (513) 474-5810
“Kyle” (grandson) - Stillborn

Jeanne Crist (513) 752-7696
“Tony” - Suicide

LOVE GIFTS

Love Gifts are tax-deductible donations made to the Cincinnati East Chapter of The Compassionate Friends in memory of a loved one. We are a non-profit organization and charge nothing to our membership. Gifts are used to defray expenses towards the bi-monthly newsletter, postage, supplies, and also to help purchase tapes, pamphlets, and books for our lending library.

PLEASE SEND ALL LOVE GIFTS TO:

Joe Trevino
2355 Section Rd.
Cincinnati, OH 45237

WE ARE GRATEFUL FOR THE FOLLOWING LOVE GIFTS:

November:

Carol McGary - in memory of Jeff Chacksfield
Joe and Diana Trevino – in memory of Dan Trevino
Dana M. Guastini – in memory of Ralph Keyes
Joel and Carol Terbrueggen – in memory of Justin Terbrueggen
Stephen, Julie and Alex Schmitz - in memory of Jonathan Schmitz

December:

Joel and Carol Terbrueggen – in memory of Justin Terbrueggen
Joe and Diana Trevino – in memory of Dan Trevino
Patricia and Bob Bryant - in memory of Dustin DeMoss
R.S. and Dolores G. Remington - in memory of Morgan Remington
Gary and Barbara Christian - in memory of Scott Christian
Michael and Ann Hall - in memory of Kyle Davis Simonson
Joann and Frank Hall - in memory of Lisa Maynard
Ron and Barbara Woprice - in memory of Janet Woprice
Anita Byars – in memory of Aron Morgan
Marsha Lohbeck – in memory of Keith Lohbeck
Carolyn and Charlie Saenz – in memory of Paul Saenz

If we have made any errors, omissions, incorrect dates, misspellings, or any incorrect information, we apologize and ask that you please notify Joel Terbrueggen at (513) 271-6809.

WEBSITE
www.tfcincy.com

MEETING REMINDERS:

Please bring a picture of your child to place on the memory board for the meeting so we can all get to know your child. We will furnish drinks so if you are celebrating your child's birthday, please bring some kind of refreshment that you would like to share with the group.

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

CHAPTER NEWS

Once again *The Compassionate Friends* provides us with the opportunity to collectively come together to recognize and honor our children's lives in ceremony.

We will stand in unison as we release our balloons with notes of love to our children, knowing somehow, that they will receive our communication of love and devotion.

The tribute to our children is deeply meaningful as we remember and share with other parents who understand our need to always *remember.*

Please join us,

8th ANNUAL BALLOON RELEASE

The East Chapter of The Compassionate Friends invites you to join us at its 8th Annual Balloon Release on Tuesday, May 27th, 2008. The balloons will be released at 7:00 PM in the parking area of St. Timothy's Church on Beechmont Avenue. If you cannot attend and would like to release a balloon in your child's memory or the memory of other children, call Carol Terbrueggen at 513-271-6809 or email her at carolt@cinci.rr.com Every balloon released will have the name of a child who has died and a personal message, if you desire. Please join us to celebrate the life of your child.

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

JAN/MAR 2008

DATED MATERIAL—PLEASE DELIVER PROMPTLY

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

I DO ___ I DO NOT ___ WANT THE QUARTERLY NEWSLETTER

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

STANDING

*People say
"Oh you are doing so well,
you are so strong,
you are an inspiration!"*

*We do not feel strong.
We feel shaken to the core,
Saddened beyond belief,
Pain beyond comprehension,
Forever changed.*

What do they see that we can not see?

*"That a horrible storm,
unexpectedly ripped through
our lives and we are
still standing"*

*They are amazed
We are paralyzed*

Still Standing

*By: Julie Short
In Loving Memory of Kyra
TCF Southeastern Illinois Chapter*

Each Grief Journey Is Unique

I am visiting with a couple whose child had recently died. Mom is sobbing; dad is stoic. I look into dad's eyes and feel the pain that he endures. Yet he is strong ..strong for his wife, strong for his family. Strong because that's the way men are supposed to be. He comforts his wife; she collapses into a chair. He sits down in a chair next to her, patting her hand.

Mom talks about her child, about the death. She repeats her story many times. Dad looks at a booklet that I have given them. We talk about the many diverse paths they have taken throughout their lives and their marriage. They are different people with different interests. I mention that each parent grieves differently. This is a time to lean on each other but also to respect the other's choices on this terrifying grief journey. Each journey is unique.

We talk about their child. We talk about raising children. We talk about the unrealized dreams of their child. He asks about my husband. I tell him that my husband was driving the car when the accident occurred that took my son's life. I tell him that my husband's sanity was nearly lost after the accident and that he cried for a very long time ..he still cries sporadically and probably always will.

But he is moving into hope, living his life, honoring my son's memory, loving unconditionally. He is rebuilding his life a day at a time. But first he had to take his grief journey, a journey that was different than mine. I go to monthly TCF meetings; he goes to two ceremonies each year. I participate actively; he doesn't. He doesn't talk to anyone but close friends and family about the accident and how much he misses Todd. I talk to many people. We're different, he and I. Though we share the same grief, the same horrendous pain, our perceptions are different

Suddenly dad starts trembling. A soft cry which soon becomes a wail erupts from deep within his psyche. His surprised wife reaches over to comfort him. This is the first time he has cried since the funeral. He cries uncontrollably for a very long time. I tell him the tears are good, they are cathartic; tears help our souls to heal. I look into his eyes. They are red, but the pain does not dominate; I see a bit of hope in his eyes now. He won't come to the meetings, but his wife will, he tells me. There are no rules, I tell him. We make them up as we go along. He smiles.

Annette Mennen Baldwin In memory of my son, Todd Mennen TCF, Katy, TX

Figure 1

Reprinted with permission from *We Need Not Walk Alone*. TCF National Office (877-969-0010)