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 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

WE NEED MORE TELEPHONE FRIENDS-CAN YOU HELP?

TELEPHONE FRIENDS

Marsha Lohbeck 513-236-5827
Son – Keith – Suicide

Tim Vinson 513-943-1322
Daughter – Heather – Auto Accident

UPCOMING MEETINGS:

July 22 Ron and Barbara Woprice TBA
August 26 Robert Wubbolding, EdD What to say when you don’t know what to say.
September 23 Steering Committee Couples on the Journey & Those travelling alone.
October 28 Steering Committee Surviving the Holidays

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 2\textsuperscript{ND} quarter of 2014:

Carol & Joel Terbrueggen  
In memory of son Justin

Gregory & Carole Spontak  
In memory of son Joel

Jerry, Carol & Joseph Jr. Hoobler  
In memory of daughter/sister Kim Kenney

Susan J. Geisinger  
In memory of daughter Laura’s birthday

Brooke Matanguihan  
In memory of son Tempy Matanguihan

\textit{Lighting a candle, cherishing a birth………}

\textbf{July}  
Patrick Simminger  Ruben (Bones) Cole
Keshya Hammer

\textbf{August}  
Janet Woprice  Stephan Schumacher
Mathew Matern  Brennan Thomas Murphy
Lauren Smith  Tempy Matanguihan
Elliot McAlister

\textbf{September}  
Mark Thole  Kelly Denise Boyer
Steven Savu  Larry “Art” Whited II
Tim Meredith  Chandra Nicole Riley
Alex Bibler  Jonathan Cromer
Austin Michael Lasley
Lighting a candle, remembering a life….

**July**
- Ian Dailey
- Michael Gillis
- Kevin Mitts
- Kenny Powell

**Addison Craft**
- Marla Hunter
- Andrew “Drew” Meyers
- Janet Woprice

**August**
- Claire Boyd
- John Douglas
- Keshya Hammer
- Lauren Smith

- Xavier Bainum
- Kelsey Michaela Ficks
- Elliot McAlister
- Stephan Schumacher

**September**
- Ashley Miller
- Daniel Trevino
- Austin Michael Lasley
- Ashley Marie Weingartner

- Thomas Joseph “TJ” Mitchell II
- Peyton Olivia Carmack

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

There is a vast emptiness when our child, grandchild, or sibling dies. An emptiness that cannot be filled. During every moment of the day, every significant event in our lives, we are aware that our child, grandchild, or sibling is missing. You may see us smile or even laugh, but that does not mean we are “better”. We may have other children and experience good things in life, however nothing can or will ever take the place of our child that has died and we may never return to the person we once were.

Karen Cantrell, Frankfort, KY-TCF
When I die give what’s left of me away
To children and old men that wait to die
And if you need to cry
Cry for your brother, walking the street beside you
And when you need me
Put your arms around anyone
And give them what you need to give me
I want to leave you something
Something better than words or sounds
Look for me in the people I’ve known or loved
And if you cannot give me away
At least let me live on in your eyes
And not on your mind
You can love me most by letting hands touch hands
Bodies touch bodies
And letting go of children that need to be free
Love doesn’t die
People do
So, when all that’s left of me is love
Give me away

Merritt Mallo

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 grievers 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:

It is now almost five years since Alex died. I have walked the line between remembering all the time and shutting out what I can by staying very busy. I have a dear friend who is cleaning out her house in order to move. There are landmines there but she is dealing with it a few hours each day. She is brave. To me, this is how we try to survive the loss of a child. Take it a day at a time; brace yourself for the landmines. I have not touched Alex’s room. As he died while a college student, all of his belongings are on the floor of his bedroom. I need to take things a few at a time and deal with the memories. I will save a few items and all the memories, and work on this. It will be my fall project, to at least begin on his room. I am afraid to remember everything and yet afraid I might forget. Grief is hard work.

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

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

July, August, and September 2014