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 Contacts –
Joel & Carol Terbrueggen
Treasurer – Joe Trevino
Newsletter – Lindsay Bibler
Librarian – Diana Trevino
Love Gifts – Joe Trevino
Website Manager – Tim Vinson
Additional Members – Carol McGary
Dianna Mitts
Susan Geisinger
Cindy Douglas

TELEPHONE FRIENDS

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

We need your name here.....

Can you help with the phones?

UPCOMING MEETINGS:

October 28 Steering Committee Surviving the Holidays
November 25 Carol Terbrueggen Open Discussion
December 2 Steering Committee Holiday Vigil***
*** Please remember to bring a framed picture of your child and something to share at our holiday buffet.

From the Steering committee:

We need some more helpers. It takes a lot of people to run a TCF meeting. If you can help even a little bit, please ask one of the steering committee members. We have plenty of jobs. Thanks!

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
If you mention my child’s name
I may cry.
But if you don’t mention it
You will break my heart.

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

<table>
<thead>
<tr>
<th>Month</th>
<th>Name 1</th>
<th>Name 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>October</td>
<td>Ian Dailey</td>
<td>Thomas Joseph “TJ” Mitchell</td>
</tr>
<tr>
<td></td>
<td>Michael Gillis</td>
<td>Kelsey Michaela Ficks</td>
</tr>
<tr>
<td></td>
<td>Bobby Mitts</td>
<td>Kevin Mitts</td>
</tr>
<tr>
<td></td>
<td>Matt Simpson</td>
<td></td>
</tr>
<tr>
<td>November</td>
<td>Cody Johnson</td>
<td>Evan William Clawson</td>
</tr>
<tr>
<td></td>
<td>Mathew Harris</td>
<td>John Burton, Jr.</td>
</tr>
<tr>
<td></td>
<td>Paul Saenz</td>
<td>Olivia Snelbaker</td>
</tr>
<tr>
<td></td>
<td>Jo Ellen Russ</td>
<td></td>
</tr>
<tr>
<td>December</td>
<td>Xavier Bainum</td>
<td>John Douglas</td>
</tr>
<tr>
<td></td>
<td>Robert Handra Jr</td>
<td>Patrick John Fox</td>
</tr>
<tr>
<td></td>
<td>Marla Hunter</td>
<td>Andrew “Drew” Meyers</td>
</tr>
<tr>
<td></td>
<td>Keaton Macaskill</td>
<td>Ashley Marie Weingartner</td>
</tr>
</tbody>
</table>
Lighting a candle, remembering a life….

October
- Erin R. Fischer
- Tim Meredith
- Leslie Williams
- Ruben (Bones) Cole

Jordan Angelina Hoak
Laura Geisinger Dearth
Nash Jaxson Lindsay
Larry “Art” Whited II

November
- Marcie Roland
- Brennan Thomas Murphy
- Gabrielle “Gabby” Bauer

December
- Joel Spontak
- Heather Vinson
- Bobby Mitts
- Olivia Snelbaker
- Alex Bibler
- Mark Thole
- Robert Handra, Jr

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

Some of the most comforting words in the universe are “me too”. That moment when you find out that your struggle is someone else’s struggle, that you are not alone, and that others have been down the same road.

Rita Ghatourey

Our August meeting was a useful presentation by Robert Wubbolding, EdD. Bob specializes in reality therapy, which I translate as “This is where I am, now what do I do?” (These are my words, not his). I have watched Dr. Wubbolding in action at seminars and meetings. I have summarized his 15 suggestions below:
1. Not everything in this list will be of the same value to everyone.
2. Pick what is useful to you at this point in your life and discard the rest.
3. Absolutely NO ONE can feel the pain you feel or have felt.
4. People express sympathy the best way they can. Try to look at their intentions instead of actions.
5. It is impossible to “get over the loss”. The pain may diminish over time.
6. There is no correct way or schedule to grieve.
7. The passage of time will help.
8. You can lessen the pain by helping another person in need.
9. Sometimes the best way to deal with pain is indirectly, such as in #8.
10. Strengthen your relationship with another person, either through conversation or through an activity.
11. The question of “Why?” will never be answered.
12. All thoughts and feelings are normal. Ruminating on these thoughts can be normal. Of they get out of control, professional help should be considered.
13. Feelings tend to linger. One strategy is to say “I will be upset now” and then move on to another activity when possible.
14. Find a trusted friend, a spiritual or religious leader, or a professional counselor. There is no shame in seeking help.
15. You have been assaulted in your sense of self-preservation and control. You may feel out of control.

A note from Lindsay: I used to love fall. Alex loved fall. The leaves changing colors and the cool evenings were enjoyable. Now I dread fall. Why? Alex’s birthday is in September. After getting through that month, the holidays are in sight. We all know the dread of the holidays and the dread of birthdays and death days. For me, they all land in the fall. But for each of us, there are months or seasons that come with their own “dates” and their own land mines. After summarizing Dr. Wubbolding’s suggestions, I think I will approach this fall a little differently. I will look for opportunities to help others, not just at TCF but also one or two charities I work with. I will try to make the holidays less bad for someone else. And finally, when I must, I will allow myself to be upset and then move on to something else. It is worth a try.
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

Love Gifts:

Carol and Joel Terbrueggen In memory of Justin
Carol, Jerry & Jerry Hoobler, Jr In memory of Kim Kenney
Cher Ravenscraft In memory of Travis Justin
Mary Ann and Hank Boyd In memory of Claire
Joe and Diana Trevino In memory of Daniel

*Western and Southern Life Financial Fund has graciously funded our December Remembrance Program.

World Candle Lighting
Sunday, December 14, 2014
7 PM around the globe

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