



**Cornerstone
of Hope**

JOIN US FOR

The Evening of Hope

Presented By:



HOPE'S MESSENGER

FALL 2023 | COLUMBUS EDITION

BRIGID'S STORY OF HOPE

BRIGID GODIC | FORMER CORNERSTONE OF HOPE CLIENT

When we found out we were pregnant with identical twin boys, we were beyond surprised, we were borderline shocked! Rory and Casey were born at 28 weeks, 12 weeks early, and were immediately taken for medical care in the Neonatal Intensive Care Unit (NICU). Rory, the smaller baby of the twins, survived for four days before passing away due to complications from prematurity. While we only got to spend a short time with him, we knew him in our hopes and dreams during our pregnancy and in planning for

adding the twin boys to our family. Following the loss of our son Rory, we felt like we didn't know how to function as a family, as parents to our toddler daughter, or as a married couple with the grief we were experiencing. We were yearning to share our unique experience, to receive support and guidance, and to hopefully connect with others in a similar situation.

**Continue reading Brigid's
Story of Hope inside...**

WHAT'S INSIDE

WE HAVE MOVED!

A Peek Inside Our New Office

NATIONAL SYMPOSIUM

Traumatic Loss & Grief Support

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A LETTER FROM OUR FOUNDER



Hello Cornerstone of Hope Family

When we founded Cornerstone of Hope twenty years ago, summer used to be our "slow" season. We often used these months to strategically plan the next 16 months of programs and events. This "slow" season started to fade when we opened our Central Ohio location in 2011.

It's a difficult but evident fact that grief never takes a break.

As a ministry we experience this truth every day, with every phone call received and every person who enters our front doors seeking support in their darkest season. During our recent Grief with Hope Retreat, our keynote speaker, Linda Isaiah relayed a powerful challenge to our participants: "Grief can consume you. It can take over your entire life. The goal is to sit with your grief, not to live in your grief!"

I must be honest; this challenge is easier said than done! I know my wife Christi and I probably lived in our grief for several months, even years; however, that challenge was one of the reasons Cornerstone of Hope was needed in our community. God's call was to create a safe, sacred place where all who are grieving can gather with others on a similar journey to seek support. We've attempted to do just that with a variety of programs for all ages since our inception.

We just completed our camp season with over 200 youth participating in three summer camps. Our annual Memorial Butterfly Release provided our attendees an opportunity to sit in their grief while experiencing peaceful and healing

moments. In addition to these seasonal programs, we continue to serve families through professionally led support groups, grief counseling and spiritual direction.

During the week of the 4th of July, we moved to a new office in Westerville, Ohio! This location is larger than our previous space, allowing us to grow and serve more grieving individuals and families and offer more in-house trainings for professionals.

On September 6th-8th, we will hold the **2023 National Symposium on Traumatic Loss and Grief Support** in Cleveland. As a leader in grief education, we are honored to host this symposium for community members, educators, practitioners, researchers, and students. On September 6th at 6:30 P.M., there will be a session open to the public with Keynote Speaker, Dr. Alan Wolfelt called **Understanding Your Grief: Touchstones for Hope & Healing**. Don't miss out on this opportunity!

We are diligently preparing for our signature event, **The Evening of Hope** on September 30th. Join us for an evening of food and drinks, many fun auctions, raffles, prizes, and inspiring messages of hope.

We have so much to share with you this fall and we look forward to seeing you at our upcoming events and programs. Your continued support of our mission to serve greatly impacts our ability to do so. Thank you for all that you do.

With hope,

| Mark Tripodi

HOME SWEET HOME

Our Columbus team has officially moved into our new space in Westerville, Ohio! Westerville is full of locally owned businesses, a diverse community, home to a well respected university, and easily accessed from two major interstates. Westerville allows us to be centrally located for our Mid-Ohio Traumatic Loss Response Team which serves clients located in Delaware, Morrow, Marion, and Crawford counties. We are proud to be a part of this welcoming community.

The office has been remodeled and has a very homey and comfortable feel to it. Physically the office is easier to get in and out of - especially for clients who might struggle with some mobility issues. It is three times larger than our previous space, allowing plenty of privacy for our clients and room to hold events in our office. In fact, we have our first large event, a two day Support Group Facilitator Training, coming up on August 17th & 18th.

We are still under a bit of construction so please pardon our dust! In the meantime we would love to welcome you to our new home. Please stop by and visit us at 253 N. State Street, Suite 200, Westerville, Ohio 43081.



THANK YOU!

We would like to thank Muth & Company Roofing for hosting their **2023 Give Where You Live Charity Golf Outing** on June 17, 2023. This annual event raised over \$8,500 in support of our summer bereavement camps in Central Ohio. Thank you to all who attended!





BRIGID'S STORY OF HOPE, CONTINUED

Cornerstone of Hope's information was provided to us through the hospital, and we had friends that had utilized its services and were strong supporters of the organization. We began to participate in the Infant Loss Support Group. At the time, we felt like attending the group was a life-ring thrown to us as we were swimming through our lives, but barely keeping our head above the water. The weekly sessions were often very difficult and emotionally draining, but, upon completion, we felt we had made progress in our journey. It felt like we could finally catch a breath from the grief that had been drowning us. Following the group support, we also participated in a private counseling session. Additionally, we have continued to attend events like the Annual Butterfly Release and Christmas Candle Lighting ceremonies at Cornerstone of Hope, and feel that each time we are there, we are honoring the memory of our son Rory.

Grief is an emotion like no other. Happiness and anger are concrete emotions that even small children know how to describe. The triggers for these emotions are typically evident, and they are even assigned a color, further supporting their simplistic nature. Grief, however, is ever changing in its impact, its presence, and its color on your life. Days when we expected grief, prepared for its occurrence, and anticipated the emotion, it wouldn't come. To date, there are moments in our day-to-day lives where grief shows up, unexpected and often uninvited, and we are always surprised at the random life moments that cause us to feel that sadness.

Thanks to Cornerstone of Hope, we now embrace those moments, knowing it is right and okay to fully feel the myriad emotions that may accompany them as we forever continue the grief journey. We have truly valued Cornerstone of Hope and its presence in our journey through loss. We are so appreciative to have this wonderful resource close to home!

MEMORIAL BUTTERFLY RELEASE CEREMONY

On June 24, we celebrated the lives of loved ones lost at our annual Memorial Butterfly Release, on the beautiful grounds of Chapel in the Woods. We thank Northwest United Methodist Church for allowing us to use this sacred space. The atmosphere was calm, you could hear the birds chirping and as classical music played in the background, you felt engulfed in warmth. We were overjoyed to be included in the special honoring of 54 loved ones as we gathered with over 50 in attendance.

Soothing words were presented by Tony Nicol, one of our great Columbus Volunteers. Tony's words were warm, comforting, and memorable. After Tony's comforting words, the names of loved ones were announced, and butterflies were received. Our guests then retreated to different areas of the grounds to release their butterflies in precious serenity.

It was heartwarming to see the smiles and even the tears triggered by the butterflies being released. Guests enjoyed bundt cakes while sitting on benches and walking in the woods. Thank you *Nothing Bundt Cakes* in Upper Arlington for the sweet treats.

Our fellowship was beautiful and the appreciation from guests was gracious and well received.



*“Grief, I’ve learned,
is really just love. It’s
all the love you want
to give, but cannot.*

All that unspent
love gathers up in
the corners of your
eyes, the lump in
your throat, and in
that hollow part of
your chest.

*Grief is just love with
no place to go.”*

– Jamie Anderson –



GRIEVING THE LOSS OF YOUR BABY

A perinatal loss or death of an infant can be shocking and many emotions you have may be overwhelming. This loss is normal to grieve, not only the baby, but also the hopes and expectations you may have held for their life. Grief reactions can look different for each person, emotionally, physically, and spiritually. It is important to remind yourself that grief is not linear, and there is no manual to grief. Each day will be challenging, and milestones can bring up increased emotion. These milestones can include holidays, death anniversaries, birthdays, etc. When a milestone is approaching, some griever find it beneficial to plan a ritual. A few examples of these rituals may include taking time off of work, releasing balloons, planting a tree, creating a rock garden, writing letters, or making a donation in honor of your child. Even when a milestone is not approaching, emotions can still be challenging to cope with. It can also be difficult to navigate other individual’s pregnancies/ children. In those moments, take inventory of your healthy coping skills. Once you have them written down, ask yourself, “Am I using my coping skills? Could I add some new coping skills?” A few examples of coping skills include taking a walk, talking to others, listening to music, creating art, attending a support group, attending individual counseling, watching your favorite show, getting enough sleep, planning an enjoyable activity, reading, volunteering, writing a letter, cooking or baking, attending a sporting event, accepting an invitation or meditating. Remember, there is not one way to grieve, and sometimes it takes time to find coping skills and rituals that work best for you.



GRIEF EXPRESSED

BOOK REVIEW BY JOSEPH ALTO, CORNERSTONE OF HOPE CLEVELAND INTERN

This piece of historical fiction loosely describes the origins of Shakespeare’s Hamlet. The novel shares a fictional account of the death of Shakespeare’s and Anne Hathaway’s son, Hamnet. The death of Hamnet—which was caused by the plague—catapults Shakespeare and Hathaway into deep grief. O’Farrell dedicates much of her novel to detailing how the two famous literary figures explore their emotions, and their marriage after the loss of their only son. Shakespeare, wanting to immortalize Hamnet, crafts a play (Hamlet) which ultimately tells the tale of a son avenging the death of a father.

The novel reflects the reality many parents feel after the loss of a child. While discussing the personal turmoil a parent feels, the author also touches upon how grief can be even more complicated when a parent also has a spouse and other children to look after.

Learn more about Maggie O’Farrell and Hamnet at maggieofarrell.com.

9 CEUs

for counselors, social workers, nurses, and funeral directors



CORNERSTONE OF HOPE PRESENTS

2023 National Symposium Traumatic Loss & Grief Support

SEPTEMBER 6-8, 2023

Embassy Suites Hotel Rockside

5800 Rockside Woods Blvd N., Cleveland, OH 44131

REGISTRATION

This symposium is a great opportunity for professionals to learn about the latest research and innovative approaches on traumatic loss and grief support.



KEY NOTE SPEAKER

Dr. Alan Wolfelt

Director, Center for Loss & Life Transition



Dr. Alan Wolfelt has been recognized as one of North America's leading death educators and grief counselors. His books have sold more than a million copies worldwide and have been translated into many languages. He founded the Center for Loss in 1984 to offer education and support both to griever and bereavement caregivers. Well respected for his inspiring teaching ability, Dr. Wolfelt is a past recipient of the Association for Death Education Death Educator Award. He is known around the world for his compassionate messages of hope and healing as well as his companioning philosophy of grief care.

Dr. Wolfelt speaks on grief-related topics, offers trainings for caregivers, and has written many bestselling books and other resources on grief for both caregivers and grieving people.

SPEAKERS

Linda Anderson Gaines, LPCC-S

Benjamin E. "Ben" Baran, Ph.D.

Kailey Bradley, LPCC-S

Nancy Carst, MSW

Sarah Hendrickson, M.Ed.

Julie Olds, CT

Emily Ribnik, LPCC-S

Wendy Ricks Hoff, BA

Neesha Roberts, MA

Leila Salisbury, MA

GRIEF MATTERS MONTHLY EDUCATION SERIES

Grief Matters is designed to provide opportunities to explore and manage grief in new ways. Sessions are free to attend, but we ask that you register in advance using the QR codes or visiting cornerstoneofhope.org.



MEN GRIEVE, TOO

Wednesday, August 30, 2023 | 6 P.M.

Join Cornerstone of Hope, and other grieving men who have lost a loved one, for an evening of backyard games, food, fellowship, and support. Light discussion and grief coping skills will also be shared. Please join us and feel free to bring a male friend or family member along with you!



A SEASONED GRIEF

Wednesday, October 25, 2023 | 6 P.M.

When grieving the loss of a loved one, our sense of time and routine may seem very different than it did in the past. As the seasons change and time passes, we may notice that our grief has a seasonal quality as well, such as moments of quiet, growth, or transformation. Please join us for an evening of reflection and conversation after the viewing of a short film, *Invincible Summer*. Light refreshments will be provided.



HONORING HOLIDAY GRIEF

Wednesday, November 15, 2023 | 6 P.M.

Wondering how you will manage and honor your grief during the hustle and bustle of holiday season? Learn about the benefits and limitations of various coping styles to determine if they might be a good fit for you. Suggestions for coping during the holidays, activities for individuals and families, and self-care tips will be shared as well.

GRANT AWARDS

We would like to thank our grant sponsors:





GOD'S TRANSFORMATIVE LOVE

ANNIE DALBY | CORNERSTONE OF HOPE COLUMBUS CLINICIAN

Autumn is upon us and as with millions of other people, I look forward to its awesome beauty. Cooler temperatures, drier air, abundant sunshine, and the spectacle of leaves changing color fill me with anticipation and deep gratitude. As a child, I ran with excitement around my neighborhood picking up leaves from various trees so my mom could dutifully press them between sheets of wax paper for my school projects. In high school and college, I learned about the science of changing leaf colors, about diminishing sunlight and cooler temperatures and decreased chlorophyll production and turning, falling leaves.

Somewhere along the way on my spiritual journey, I absorbed and understood the beauty of autumn's pageantry on a completely different level. These leaves that practically shout to the heavens in their shades of greens and golds and reds and crimsons—these leaves are dying. Dying. The leaves are in a dying process, offering the world their loveliness as they go. God our Creator put this in motion, this transformative process whereby beauty happens amid change and loss and death.

I have pondered this in terms of my own spiritual growth and certainly as I journey with people as a spiritual director and clinician. There have been many messes in my life. I am no stranger to grief, loss, pain, and death. And unlike the leaves, I don't typically shine in a blaze of brilliant color at these times. Most of the time, I go kicking and screaming.

Until the Holy Spirit wakes me up, and I invite God in, and I turn my messes over to him. That is when the things that are dying in me begin to change into something more like a leaf in the autumn. How God brings about this transformation is wrapped in mystery; but that he will bring about transformation I know for certain.

When I sit with my clients I offer my presence, my insight, my knowledge and skills, my care, my love and my prayers. I know there is much value in my knowledge, training, and experience. Many people have told me they have benefited from a technique I've taught them or an insight I've offered. Many have experienced healing. And yet God has humbled me enough to know it is truly God's power at work that brings about change and binds wounds. It is God's love and mercy and compassion that work through all of us to heal our broken world and make something beautiful out of the messiness in our lives.

I attended the funeral service for the father of a dear friend of mine recently. This man had planned his own funeral service and so much of it moved me deeply. My attention was most captured by two parts that seem to apply perfectly to this reflection. One of the scriptures was from Ephesians 3:20: "All glory to God, who through the power at work within us can do immeasurably more than we could ask or imagine." YES! And the beautiful recessional hymn, whose title certainly describes the leaves of autumn in full blaze and the power of God's transformative love: "How Great Thou Art." Amen!



SPIKE THE STIGMA

Did you know that our Cornerstone of Hope Columbus office has a volleyball team? Over 2 dozen employees, board members and volunteers represented Cornerstone in the Spike The Stigma, Mend The Mind Volleyball Tournament on Saturday, July 22nd at Woodland Backyard in Columbus. It was a privilege to be a recipient of this heartwarming fundraiser that seeks to raise awareness around mental illness - specifically men seeking mental health support. This event was established in 2021 in memory of Alex Willhelm. Thanks, Spike The Stigma, MENd The Mind for including us, we look forward to next year.

JOIN US FOR

The Evening of Hope

Presented By:



SATURDAY, SEPTEMBER 30, 2023 | 6:00 P.M.

St. Charles Preparatory School - Robert C. Walters Commons, 2010 E. Broad Street, Bexley, OH 43209

Guests will be treated to an enchanting dining experience with unforgettable ambiance and inspirational messages of hope. The evening will also include opportunities to participate in auctions, raffles and prizes.



INDIVIDUAL TICKETS | \$125

Register by scanning the code or visiting cornerstoneofhope.org.

MAKE AN IMPACT

The Evening of Hope provides financial breath to our organization and a significant source of our operating revenue in order to provide the critical support needed for those who are grieving the loss of a loved one. We invite you to make a lasting impact on the lives of grieving individuals and families and to consider one of the sponsorships below.

NORTHERN LIGHTS \$15,000

Two reserved tables
(16 total tickets)

Logo on all digital marketing

Recognition during live
program

Company logo on front
cover of event program

Personalized memorial
keepsake

Logo on event banner and
listing in program

Full page program ad
(4.75"W x 8"H)



For more about these sponsorship opportunities, please scan the code or contact Daphne Davis at **614-824-4285** or via email at daphne@cornerstoneofhope.org.

CONSTELLATION \$10,000

One reserved table
(8 total tickets)

Company name and/or
logo on front cover of
event program

Personalized memorial
keepsake

Logo on event banner and
listing in program

Full page program ad
(4.75"W x 8"H)

Thank you to our \$25,000
Presenting Sponsor,
Kurtz Bros. Central Ohio!



STARRY NIGHT \$5,000

One reserved table
(8 total tickets)

Personalized memorial
keepsake

Name on event banner
and listing in program

Full page program ad
(4.75"W x 8"H)

SHOOTING STAR \$2,500

One reserved table
(8 total tickets)

Name on event banner
and listing in program

Half page program ad
(4.75"W x 4"H)



Cornerstone of Hope
Columbus

253 N. State Street, Suite 200
Westerville, Ohio 43081

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SAVE THE DATE

To learn more about upcoming programs or to register, please contact our office at 614-824-4285 or visit cornerstoneofhope.org.

GRIEF EDUCATION

- **Grief Matters: Men Grieve, Too** - 8/30
- **Grief Matters: A Seasoned Grief** - 10/25
- **Grief Matters: New Season, New Style** - 11/15

FUNDRAISING EVENTS

- **The Evening of Hope** - 9/30
- **Clambake at The Nut on Lane** - 10/14

PROFESSIONAL TRAINING

- **2023 National Symposium on Traumatic Loss & Grief Support** - 9/6-9/8

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