

Mission Statement

Cornerstone of Hope is dedicated to providing support, education, and hope for the grieving.



Guided by Christian values of compassion and service, we welcome and serve all seeking support.



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For more information or to make a donation, contact:

Cornerstone of Hope
5905 Brecksville Road
Independence, Ohio 44131
216.524.HOPE
216.524.3743 fax
www.cornerstoneofhope.org

Cornerstone of Hope to Host National Conference

Its official, Cornerstone of Hope has been selected to host the National Alliance for Grieving Children's 14th Annual Symposium in Cleveland, Ohio from June 24 – June 26, 2010. The National Alliance for Grieving Children (NAGC) was established so that bereavement professionals from across the United States would have the opportunity to share ideas, stay current on research, enhance their existing programs, and ultimately create a greater awareness about the necessity for communities to provide programs for individuals of all ages who seek grief support especially children and teens.



The three day conference will include keynote speakers, various seminar tracks for executive directors, non-profit boards, program development, direct practice, and fund development staff, and will provide accreditation for continuing educational units for various licensed professionals. We will also have the opportunity to showcase two great Ohio cities – Independence and Cleveland!

Local funeral directors, school counselors, church leaders, hospice and hospital staff members at all levels will benefit from attending this conference. Cornerstone of Hope will have continual updates on our website. To learn more about the NAGC, please visit www.nationalallianceforgrievingchildren.org

Grief Talk

Mark Tripodi, Executive Director

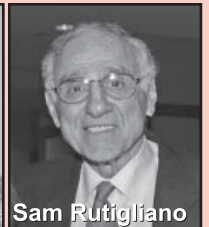


Three years ago Cornerstone of Hope was approached about doing a live weekly radio talk show focusing on grief. Although, I wanted to say yes immediately to this exciting opportunity, I knew in my heart that Cornerstone was just

not ready to effectively manage our evolving programs and the tasks of hosting a weekly radio forum. God must have plans for us because the opportunity has presented itself once again. As a result, I am proud to announce the launching of GRIEF TALK on 1220 AM WHKW every Sunday evening from 6:00 pm – 7:00 pm! Grief Talk will be hosted by former Cleveland Browns head coach Sam Rutigliano and Matt Williams, Cornerstone's Clinical and Spiritual Director. Grief Talk will consist of a live call-in segment, personal testimonies, Coach Sam's "Coaches Corner" to offer encouragement and hope during one's grief journey, and much more. You can listen live via the internet on www.whkwradio.com and will be able to download podcasts of previous shows on Cornerstone's website.



Matt Williams



Sam Rutigliano

Tune in for Grief Talk's inaugural show on Sunday, October 4 at 6:00 pm on 1220 AM.

MARK YOUR CALENDARS!

Here are the dates for some of our most popular upcoming programs. More details will be forthcoming. However, please feel free to call Cornerstone at (216) 524-HOPE with any questions or to give us an early RSVP.

 * **Pampering Day** *
 * **Saturday, November 14, 2009** *
 * **9:00am - 1:00pm** *
 * **Cornerstone of Hope** *
 * **5905 Brecksville Rd, Independence, Ohio 44131** *
 * **Our 4th annual day of pampering** *
 * **for bereaved women & hospice caregivers.** *

 * **Christmas Candle Lighting** *
 * **& Remembrance Ceremony** *
 * **Saturday, December 12, 2009** *
 * **1pm or 3pm** *
 * **St. Michael School—Bishop Rappe Hall** *
 * **6906 Chestnut Rd, Independence, Ohio 44131** *

“Shearly Successful”

Thank you to our lead sponsor Salon JoVon for making the 2nd Annual Hair Today...Hope Tomorrow event a “shear” success. Partners JoAnn Byrne and Yvonne Redden-Smith donated an amazing 10% of all services over a three week period and 100% of select services on August 8. All proceeds will be used toward our 14 fall support groups that we will facilitate before Thanksgiving.

♥ **Salon JoVon – 8803 Brecksville Rd., Brecksville**
Call 440.740.0000 for an appointment.

We even added more participating salons for this year’s event that committed to a percentage of the proceeds:

- ♥ Vibe Salon – 9255 W. Sprague Rd, North Royalton
- ♥ Christian Jomani – 1140 Pearl Rd., Brunswick
- ♥ Laus Deo Salon – 9981 Vail Dr., Twinsburg

In all over \$6,500 was raised to support grieving families that we serve!

Please be sure to visit these participating salons throughout the year. All of the owners and their staff are enormously generous people with compassionate hearts. During these tough economic times, these businesses still made a commitment to an amazing act of charity to serve those in need.



Salon JoVon



vibe salon

Christian Jomani

laus Deo
salon

GROUPS for Individuals & Families

Cornerstone groups are 8 weeks in length, and begin at 6pm with a light dinner. Groups end promptly at 8am. Groups need a minimum of 5 people. To register or for additional information please call 216-524-HOPE or email matt@cornerstoneofhope.org.

TAKING F.L.I.G.H.T. *Families Living In Grief & Healing Together*

Orientation: Thursday, September 24, 2009, 6:00 pm
Group Dates: Thursdays, October 1 — November 19, 2009
Time: 6:00-8:00 pm (pizza & beverages provided)

Register by: Thursday, Oct. 1, 2009
Materials Fee: \$25 per family
Location: Cornerstone of Hope

ADULT GROUPS

Daytime Groups

Date: Fridays, October 2 — November 20, 2009
Time: 1:00-3:00pm (light refreshments)

Register by: Monday, October 5, 2009
Location: Cornerstone of Hope

Evening Group

Date: Wednesdays, September 30— November 18, 2009
Time: 6:00—8:00pm (light supper)

Register by: Monday, October 5, 2009
Location: Cornerstone of Hope

Bereavement Bible Study Group

Date: Fridays, October 2 — November 20, 2009
Time: 10:00am-11:30am

Register by: Monday, October 5, 2009
Location: Cornerstone of Hope

FOR THOSE WHO HAVE LOST A BABY

Cornerstone is pleased to be partnering with Legacy of Love to offer a new, eight week group for persons who have experienced miscarriage, still birth, neo-natal or other infant losses. Babysitting is provided.

Dates: Saturdays, Sept. 19 —Nov. 21, 2009
Time: 9:00 - 11:00 am (refreshments provided)

Register by: Friday, Sept. 25, 2009
Location: Cornerstone of Hope

FOR THOSE WHO HAVE LOST A LOVED ONE TO SUICIDE

Dates: Mondays, September 28 — November 16, 2009
Time: 6:00 - 8:30 pm (pizza provided)

Register by: Friday, Oct. 2, 2009
Location: Cornerstone of Hope

FOR THOSE WHO HAVE LOST A LOVED ONE TO MURDER

Dates: Mondays, September 28 — November 16, 2009
Time: 6:00 - 8:30 pm (pizza provided)

Register by: Friday, Oct. 2, 2009
Location: Cornerstone of Hope



*“Hope sees the invisible, Feels the intangible,
and achieves the impossible.”*

Anonymous

MONTHLY GROUPS & INDIVIDUAL COUNSELING

All groups meet at Cornerstone of Hope, 5905 Brecksville Road, Independence Ohio 44131 and begin at 6:00pm unless otherwise noted. Programs are subject to change without advance notice. Please call to confirm event, date and time. RSVP is appreciated to assist us with planning.

MONTHLY FAMILY WORKSHOPS—

Family workshops are intended for grieving children ages 5-18 and their parents or caregivers. These workshops give families a chance to socialize, memorialize and find connections and support in a friendly, fun atmosphere. (Children may not attend workshops on their own). Family Workshops are held on the first Tuesday of the month unless otherwise noted.

Saturday, October 3, 2009 2:00pm, meet at the Farm and look for the Cornerstone of Hope Sign— Patterson Fruit Farm, 8765 Mulberry Rd. Chesterland—Play in the haystacks, climb the tree house in the woods and slide down the 50 foot double slide, wander through the corn maze and take a wonderful nature hike through the ravines and hills of Geauga County. A horse drawn wagon will take us around the farm. Cost is \$5.00 per person, kids under 2 are free. Cornerstone will provide snacks and beverages along with pumpkins for painting. Register by Fri. Sept. 25, 2009

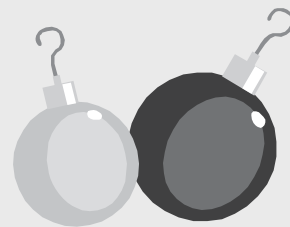
Tuesday, November 3, 2009 – Gaming Night Social Come and enjoy pizza, popcorn, and snacks while you play your favorite games with other families. If you have a Wii game system or other type you can bring it and we can hook it up to our big screen. Cornerstone will have the Nintendo Game Cube w/three controllers, pinball, air hockey, arcade games and board games available. Please call to register with the number attending. Register by: Fri., Oct. 30, 2009

Christmas Ornament Workshop

Wednesday, December 9, 2009, 4pm—8pm

When grieving the loss of a loved one, finding ways to balance the feeling of sorrow with the hope and spirit of Christmas can be challenging. Come and decorate a ceramic ornament in memory of your loved one and enjoy some cookies and refreshments. Each participant will receive their own ornament free of charge. Extra ornaments may be purchased for \$2.00 each.

Register by Mon. Nov. 23, 2009.



LIVING THE JOURNEY - MONTHLY ADULT SUPPORT

Living the Journey is not about letting go of the past, but about embracing the future with hope and with friends. Companions along the same journey. Living the Journey meet on the second Tuesday of the month unless otherwise noted.

Tuesday October 20, 2009 ~ Movie Night or Bingo Night

Saturday November 14, 2009 ~ Pampering Day...Enjoy a morning of good food, fellowship, manicures, and more.

Tuesday December 15, 2009 ~ Christmas Party and Potluck...Come enjoy a night with friends !

SOCIAL LITES

Please join us for any or all of our programs. Social Lites meet on the third Tuesday of the month unless otherwise noted.

Friday October 9, 2009 ~ Grape Escape Wine Tasting Train...Come ride the Cuyahoga Valley Railroad.

Friday November 6, 2009 ~ Day at the Races

Saturday November 14, 2009 ~ Pampering Day...Enjoy a morning of good food, fellowship, manicures, and more.

Tuesday December 15, 2009 ~ Christmas Party and Potluck...Come enjoy a night with friends!

JUST BETWEEN US ~ YOUNG WIDOWS GROUP

This group of young widows meets the second Tuesday of the month, at Cornerstone. Dinner and babysitting is provided at no charge. RSVP or get more information on any of the programs, please call 216-524-HOPE.

Dates: October 14, November 10, December 8

Connect with Cornerstone of Hope

Social Media is a big buzz word! Facebook, LinkedIN, Blogs, Twitter! Gina Cipriano from Bowling Green State University just finished her summer internship with us as an event planner, and the first task she accomplished was to get Cornerstone of Hope up-to-date with the buzz!

We invite you to connect with Cornerstone!



**BECOME
A FAN ON
FACEBOOK:**
Cornerstone of Hope



We have a goal to reach
1,000 fans on facebook
by the end of the year!
We currently
have 443 fans!

Other ways you can connect with Cornerstone:



CHECK OUT OUR BLOG AT
WWW.CORNERSTONEOFHOPE.ORG/BLOG



INVITE OUR FOUNDER, MARK TRIPODI,
TO JOIN YOUR PROFESSIONAL NETWORK
ON LINKEDIN.COM

Cornerstone is Training Professionals to Join School Crisis Teams in Cuyahoga & Lorain Counties



Cornerstone of Hope is offering a school crisis training to area professionals who are interested in coming to the aid of schools in crisis. When there is a student or faculty death, or serious illness that impacts a large part of the student body and/or staff these crisis teams mobilize to offer immediate but temporary support for schools in need. There are currently teams established and governed by participating districts in both Cuyahoga and Lorain Counties. Social workers, counselors, clergy, and mental health professionals in schools or agencies are invited to participate.

In Lorain and Cuyahoga Counties 28 districts have taken advantage of this training. These districts have realized the value of having a team of professionals all trained in the same crisis models and procedures. The team works with the school administrations to provide order, calmness, and safety during frightening and chaotic times of crisis. The team also takes the burden off of in-house staff allowing them to function without being overwhelmed.

If you would like to be part of supporting your school community or have questions about this time tested, quality training, call Laura Serazin, MA, ATR, CTC at Cornerstone of Hope (216) 524-HOPE.

Participants must attend all 3 days, graduate and CEU credits are available.

Location: Cornerstone of Hope Bereavement Center
5905 Brecksville Road, Independence, Ohio 44131

Dates: Monday, November 2, 2009
Tuesday, November 10, 2009
Wednesday, November 18, 2009

Time: 8:30 am – 3:30 pm (all days)
Cost: \$275 (includes training manual,
continental breakfast, & lunch)

For a brochure and to view a promotional video visit our website at www.cornerstoneofhope.org

Engage Your Fears!

(Part 2 of a series)

A couple of "Corners" back we started looking at the topic of fear. As you know so well, fear can be gripping and when left unchallenged it can become crippling. Using the word "fears" as an acronym we said in part one that we need to **F**ace our fears. To look at fear square in the eye, shed some light on the subject, stop running from it and **F**ACE it. Yet, facing our fears is simply the starting point. The next step in conquering our fears is to **E**ngage it.

According to the Merriam-Webster dictionary the word "engage" means to "enter into contest or battle with." That I understand. When I was a little kid, I was the target of one individual who decided to make me his number one public enemy. Every time I saw this kid he kicked me in the shins. Not just one kick but several kicks. Not just one leg, but both. I would go home after every encounter with this kid with black and blue marks from my knees to my ankles. What did I do? Nothing!

At first it was an annoyance, but as each encounter started and ended the same way it quickly became something that I feared. Kick after kick, I became deeper entrenched in my fear of him and of confrontation. I feared what would happen if I engaged him. What if he stopped kicking me so that he could punch me in the nose? And what if he beat me up and left me in a pile on the floor? What if I hit him and his parents saw me; then I would be in trouble with them.

After a while I started to avoid the situation entirely. Out of fear, I would walk the long way to by-pass this kid. When I saw him coming I nearly ran. It was then that my dad saw what was happening and stepped up to my side, got me to the car safely and then he gave me this piece of advice. He said, "Son, if you're ever going to win the fight, you've got to get into the battle." Essentially he was saying exactly what Merriam-Webster was saying; I had to "enter into contest or battle with" the bully.

My dad explained that because I refused to engage this bully, that the bully had me exactly where he wanted me...his kicking post. It was then that I understood the second definition of the word engage: "to attract and hold by influence or power." I had been held by his power over me. Back then I thought the bully had me in his grip of power. Today I understand that because I refused to engage the situation, I had allowed him to hold power over me. Engaging the bully, whether I won or lost, meant I could once again have and hold my own power. But each time I simply allowed him to kick me or each time I walked the long way around, he won and I abdicated my own power and took up a relationship with fear. My father then said "I have your back." What he meant was that he would take care of any of the other consequences (i.e. an angry parent, an out-right fist fight, etc). But he reminded me that I had to enter into the battle.

The very next day the bully stood there waiting. I looked back at my dad and I saw confidence in his eye so I engaged the situation. I reclaimed my own power, I faced the bully and I entered into the battle. Now it wasn't all that. The bully did his normal thing and kicked me in the shin, and in an instant, without any thought, I kicked him right back. I wish I had taken a picture of his look of shock when I kicked him. He turned and ran away. Never again did I get my shins kicked, nor did I have to kick any more shins. The situation was over. I had faced the fear, I engaged the bully and the victory was mine.

Now I'm not suggesting that we go around kicking people, but I am saying we need to not only look at our fears and say "there they are," we need to step up and engage them, get into the battle and do something about them.

(Continued on next page)



On The Horizon



2010 Annual Fund Campaign

Our 2010 Annual Fund Campaign will begin in November 2009. This year's chair is Mr. Dave McConville. You will receive a personal testimony of how crucial our programs were in serving the McConville family after the death of his spouse, Hope, in July 2008.

We humbly ask that you consider supporting our Annual Fund Campaign.

Holiday Fundraising with Peterson Nut Company

Are You Purchasing a Holiday Gift for Clients Or Looking for a Tasty Treat to Give to Family and Friends this Christmas?

Peterson Nut and Cornerstone of Hope have joined together for a special holiday fundraising program. 50% of your entire order will be used to support Cornerstone.

Simply send an e-mail to mark@cornerstoneofhope.org and you will get a live link to start the ordering process immediately. A free shipping program is also available by calling 216-524-HOPE!

Direct Live Link to Special Site:

<https://www.petersonsfundraising.com/StartTradePage.aspx?group=11330&member=1989>

THE GRIEF GROUP is a network of professionals who work with the bereaved. Come share the programs that are happening at your agency, and receive FREE CEU's for Nurses, Social Workers, Counselors, and Funeral Directors.

Held the third Thursday of every month from 8am to 10am at Cornerstone, where a Continental breakfast is provided. RSVP to 216-524-HOPE ext. 231 or email paula@cornerstoneofhope.org.

October 15, 2009: Grief and the Word
December 17, 2009: Grief Goes Bah Humbug

November 19, 2009: Grief Gives Thanks

Spiritual Corner—continued

How? Consider this. Look at the story of David and Goliath and how David, then just a little kid all wet behind the ears, engaged "the fear" named Goliath. The story, told in 1 Samuel 17, there are four things that David did to engage his fear. The first thing David did was to size up the situation and gather the facts. In the battle field he looked at the problem, he understood the immense size of the giant (some 9 feet in height) and asked some questions to gather the facts. Verse 26 shows the information that he gathered. To engage our fears we need the facts. What is it that we are really afraid of? We can be scared of chocolate cake but what is the real fear? Is it that the cake will attack us or that if we have one piece and then eat the entire cake. Look at your problems causing fear, ask the tough questions and then discover the real fear beneath the situation. Seek out the answers from within yourself and from others outside the situation. Getting the information can make the giant look more your size.

Second, to engage the fear, go with the power of past successes. Do what you have done well before to overcome the fear you face now. Chances are those skills will work again. In verses 34-36 David recounted his successes with the lions and the bears. His intent was to do battle the same way as before. Why? Because it worked. When you have engaged other fears, what did you do to overcome those fears? What skills worked? What coping mechanism did you employ before? Chance are those same skills will work again. Use them.

David gathered his weapon and his ammo, one slingshot and five smooth stones. Why five stones? Well perhaps they were symbolic. Maybe they stood for something. Maybe there was a stone of prayer and a stone of God's word. Maybe there was a stone of inner strength. Maybe a stone of personal experience. And perhaps the biggest stone of all, the stone of God's awesome power and strength.

While David had five smooth stones and one slingshot, he really engaged the giant in the awesomeness of God's power and strength. When we engage our fears we need to pray. We need to ask for power and strength, wisdom and knowledge, and God will hear and answer. Our fears will be overcome when we engage them first with prayer. Then engage them with God's word. Claim the promises of God over the fears. But most importantly, engage the fears with God and His strength and power.

Our fears may be large and powerful, but when we choose to engage them with knowledge, in our past experiences of success, with the stones of prayer, God's word, inner strength, personal experience and the power of God, our fears can be cut down to size. We'll be able to stick a knife in them (see verse 51) and say we're done, fear gone. Remember it's not enough to simply face the fear and say "there they are!" We need to engage the giant. When you engage with God, you will be victorious.

♥ Wish List ♥

- Postage stamps
- Paper products: napkins, plates, Kleenex, paper towel
- Cleaning Supplies
- Soap
- Cases of bottled water
- Cases of pop in cans
- 100% Juice Boxes
- Large clear plastic storage bins
- White Cloth Bib Aprons
- Trash bags: Sizes: 13 gallon Drum liners
- White Laser labels Sizes: 1" X 2-5/8" 2" X 4"
- Coffee Regular and Decaf
- Copier paper Size 8-1/2 x 11" Weight: 20 or 24lb White, Ivory, Green, Blue, Pink, Yellow
- Legal pads 8-1/2" X 11" perforated
- Nintendo Game Cube 3 game controllers Games rated E
- Wii Game System
- Gift Cards from: Giant Eagle Sam's Club Walmart (Gift cards are used to buy supplies for groups)



A CENTER FOR GRIEVING
CHILDREN, TEENS, & ADULTS

5905 Brecksville Road
Independence, Ohio 44131
216.524.HOPE
216.524.3743 fax

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Permit # 1106



Visit Our Website!

www.cornerstoneofhope.org

If you are receiving this newsletter or any other COH correspondence at more than one address, or if you wish to be taken off our mailing list, please contact us at Cornerstone of Hope.

SAVE THE DATE

**CORNERSTONE OF HOPE'S
7TH ANNUAL
BENEFIT
GALA**

**SATURDAY,
FEBRUARY 20, 2010**

EMBASSY SUITES
5800 ROCKSIDE WOODS DR - INDEPENDENCE, OH 44131

SOLD OUT 6 YEARS IN A ROW!



CORNERSTONE CLAMBAKE

**SATURDAY, OCTOBER 17, 2009
5:30PM - 8:30PM**

CORNERSTONE OF HOPE
5905 BRECKSVILLE RD - INDEPENDENCE, OH 44131

ADULTS ONLY PLEASE

CHICKEN BAKE - \$75 PER PERSON
CLAMS, CHICKEN, SWEET POTATOES

STEAK BAKE - \$85 PER PERSON
CLAMS, STEAK, SWEET POTATOES

**AND MORE GREAT FOOD THAT
IS GREAT FOR YOUR FIGURE...**

ALL PROCEEDS BENEFIT GRIEVING CHILDREN AND THEIR FAMILIES!

**RESERVATIONS REQUIRED CALL 216-524-HOPE OR
REGISTER ONLINE AT WWW.CORNERSTONEOFHOPE.ORG**

For more information, call Cornerstone of Hope at 216-524-HOPE