



# Quakertown Chapter

servicing Upper Bucks and Montgomery Counties

The Compassionate Friends  
National Office  
PO Box 3696  
Oak Brook, IL 60522-3696  
877-969-0010

[www.compassionatefriends.org](http://www.compassionatefriends.org)



## February 2012 newsletter

The Compassionate Friends  
Quakertown Chapter  
PO Box 1013  
Quakertown PA 18951  
Chapter Info line: 215-536-0173  
Chapter email:  
[tcfquakertownchapter@verizon.net](mailto:tcfquakertownchapter@verizon.net)  
website: [www.tcfquakertownpa.org](http://www.tcfquakertownpa.org)

Quakertown Chapter Founders - Eileen & the late Tim Bolish

**Facebook page: Quakertown PA Compassionate Friends**

A self-help organization offering friendship, love, and understanding to bereaved parents, siblings, and their families.

**WE TALK, WE LISTEN, WE SHARE, WE CARE, WE UNDERSTAND**

We extend a special warm welcome to you, the newcomers. We are sorry for the reason you have received our newsletter. We know that it takes courage to attend your first TCF meeting, and it may take three or more meetings for you to feel the benefit of group sharing. We will not offer a "quick fix" or hurry you along in your grief, but we can offer you much needed support, and provide an opportunity for you to meet new friends who are traveling the same path.

**SUPPORT GROUP MEETING INFORMATION** - Our next support group meeting will be held on **Tuesday, February 14, 2012 7:30 PM-9 PM** at *the St Lukes Quakertown Hospital, 1021 Park Ave., Quakertown, PA in the Taylor A and B Conference Rooms.*

**BRING A PHOTO OF YOUR CHILD/SIBLING FOR THE REMEMBRANCE TABLE.** Bring memoirs / photos of your child/sibling for the birthday table when its their birthday. Tell us about your memories of your loved one...we'll listen, cry and hug with open arms.

## 2012 Quakertown Chapter Steering Committee

### Chapter Leader

Darlene Dusza  
215-536-0173  
[nanadusza@verizon.net](mailto:nanadusza@verizon.net)

### Treasurer

MaryAnn Kulp

### Secretary

Crystal Hunter

### Assistant Secretary

MaryAnne Macko

### Newsletter Editor / Community Outreach

Darlene Dusza  
415 Rich Hill Rd  
Sellersville PA 18960  
215-536-0173

[tcfquakertownchapter@verizon.net](mailto:tcfquakertownchapter@verizon.net)

### Remembrance and thank you cards

Gail Ketterer      Darlene Dusza  
Sandra Madison      MaryAnn Kulp  
Nancy Eisenhart

### Hospitality Committee

Carol Graham  
Mary Anne Macko

### Committee Members

Linda Stauffer  
Bonnie Maurizio  
Barbara Reboratti  
Theresa Sitko

### Chapter Librarian

Donna Hesse

### Email - Telephone Friends

*Barb Reboratti* - daughter, Allison  
death-- result of crime

[victim.advocate@verizon.net](mailto:victim.advocate@verizon.net)

215-538-0941

*Darlene Dusza* - daughter, Michelle  
death-- result of auto accident

[nanadusza@verizon.net](mailto:nanadusza@verizon.net)

215-536-0173

*Jennifer Emberger* sibling, Jason  
death -- suicide

[dance140@hotmail.com](mailto:dance140@hotmail.com)

215-828-3810

*Crystal Hunter*-sibling, Justin  
death - medical condition

[crys.hunter@gmail.com](mailto:crys.hunter@gmail.com)

614-746-8076 (sibling contact person)

*Melissa Fisher*- sibling, Jon  
death-- result of medical condition/care

[melissa2539@gmail.com](mailto:melissa2539@gmail.com)

215-880-4148

*Donna Hesse* - daughter, Kisha  
death -- result of auto accident

[dmhesse150@yahoo.com](mailto:dmhesse150@yahoo.com)

*Anne and Craig Landis* - son, Marc  
death - result of suicide

215-536-5143

### Collection of Redners Save-A-Tape program

Mail your register save-a-tape slips to our PO box to help our chapter. You may black any debit / credit card numbers, but do not black out the dollar amounts. Remember to use your Pump Perks card for the save-a-tape program. **Send complete sales receipt.**

### PRINTER INK CARTRIDGES

**STOP don't throw them away...** Save your empty ink cartridges and give to our chapter for recycling. We earn rewards for recycling them and can purchase paper and other items to help cut the costs of printing the newsletters, programs for events etc... Bring to a meeting or an event in a plastic bag and give to Darlene or a member on our steering committee.



Other TCF support group meetings and children support groups etc:

**Lehigh Valley Group** meets the 2nd Monday of each month on the 2nd floor of Sacred Heart Hospital on Chew St. at 4th St. in Allentown PA at 7 PM Contact: 610-820-4004

**Peace Valley Group** meets the 3rd Wednesday of each month at Lenape Valley Presbyterian Church at Rt. 202 and Ute Rd, New Britain PA at 7:30 PM; Contact Bill or Linda Hendrix 215-822-1343

**Ryan's Tree for Grieving Children, Inc.** located in Lehigh Valley, PA, phone: 610-954-2727. Support for children ages 5-18 who are grieving the loss of a family member or friend. Web site: [www.ryanstree.com](http://www.ryanstree.com) email: [info@ryanstree.com](mailto:info@ryanstree.com)

**Greenshire Arts Consortium Grief and Empowerment Workshops** - located in Quakertown - contact: Hillery Woods Siatkowski, NCTMB at 206-552-4229 or email [massage@moondogyoga.com](mailto:massage@moondogyoga.com) for dates and more information

**THANK YOU**

Thank you to Theresa and Henry Sitko and Carol and Albert Graham for providing our January refreshments they do this in remembrance of their children, Clayton (Theresa and Henry) and Peter (Carol and Albert).

*If you would like to provide refreshments in remembrance of your loved one at a meeting please contact Carol Graham at 215-538-3651.*

*You may also sponsor refreshments for a meeting for a fee of \$20 or more depending on what you would like and the hospital's catering service will set up and provide the drinks and refreshments for the evening.*

A special thank you to Mary Ann Kulp, Sandra Madison, Gail Ketterer, Nancy Eisenhart and Darlene Dusza for the Remembrance and Thank you cards that you receive. They do this in remembrance of their children, son, Tony (MaryAnn), son, Steven (Gail), grandson, Nathan (Sandra), daughter, Kelly (Nancy) and daughter, Michelle (Darlene). An appreciated Thank You to our members for helping to set up and tear down for our meetings, they do this in remembrance of their children and siblings. A special thank you to St. Luke's Hospital for providing us with our meeting rooms each month.

**Thank you to**, Betty and Charlie Hottenstein, for taking on the monthly task of assembling our monthly newsletters for mailing, they do this in remembrance of their daughter, Tracy Hottenstein.

**Thank you for your Love Gifts and Support**

We the parents and families of the Quakertown Chapter of Compassionate Friends would like to send a special Thank You to the following donors. Without their generosity in giving to a good cause we would not be able to continue reaching out to newly bereaved parents and families with our Outreach packet and newsletters.

**Lynette and Bill Lampmann**, In Loving Memory of their son, Shawn Lampmann, February 10 - February 13

*Loved and Missed*

**Charles and Elizabeth Hottenstein**, In Loving Memory of their daughter, Tracy Elizabeth Hottenstein, February 18 - February 15

*Love Forever, Mom and Dad*

**Jim and Helen Geib**, In Loving Memory of their son, James Gabriel Geib, June 15 - June 22

*On Valentine's Day and always, you remain alive in our hearts*

**Peggy Daggitt**, In Loving Memory of her daughter and son-in-law, Chris and John Inscho, January 12 / February 18 - July 30

*We all Love and Miss you so much.*

**Danielle And Joe Watts**, In Loving Memory of their daughter, Rachel Sara Watts, February 18 - July 4

*Our beautiful butterfly, Rachel Sara Watts*

**Patricia and Harold Hunsicker**, In Loving Memory of their daughter, Brenda Meehl, August 10 - February 10

*You are forever in our hearts. We love and miss you very much.*

**Ron and Myra DiNicola**, In Loving Memory of their son, Matthew T. DiNicola, March 21 - January 23

*You are still with us. Love Dad & Mom*

**Carol and Albert Graham**, In Loving Memory of their son, Peter Graham, January 10 - January 19

*Love Never dies.*

**Trish & Jim Ulmer**, In Loving Memory of their son, Christopher S. Ulmer, August 16 - February 27



### Self-help Program

The Compassionate Friends, Inc. is a mutual assistance, self-help organization offering friendship, understanding, and hope to bereaved families. Anyone who has experienced the death of a child of any age, from any cause is welcome. Our meetings give parents an opportunity to talk about their child and about their feelings as they go through the grieving process. There is no religious affiliation. There are no membership dues. The purpose of this support group is not to focus on the cause of death or the age of the child, as it is to focus on being a bereaved parent, along with the feelings and issues that evolve around the death experience of a child.

### To Our New Members

Coming to the first meeting is the hardest, but you have nothing to lose and everything to gain! Try not to judge your first meeting as to whether or not The Compassionate Friends will work for you. At the next meeting you may find just the right person or just the right words said that will help you in your grief work.

### 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 bad, it really does get better!"

### Information Regarding Our Meetings

PLEASE don't stay away from a meeting because the topic scheduled does not interest you. We are here to discuss whatever is on your mind, we don't stay on the topic only. This is YOUR group and we are here for each other. You do not have to talk at meetings. We welcome your participation in our group but it is not a requirement. Coming to listen to the others is Okay too. Remember also that our meeting is open to adult siblings, grandparents, or adult family members such as aunts or uncles.

### Support Group Meetings

We are so sorry for the cause that brings us together. It takes courage to attend a Compassionate Friends support group meeting. We understand how it feels to walk into a room of strangers and share personal feelings, especially when you are in so much pain. At your first meeting, we hope you find care, support, understanding and a group of friends to share with. Truly, there are no strangers among compassionate friends.

As a reminder to families that would like to attend a support meeting. Please allow yourself at least 3 or 4 meetings of attendance to determine if they are for you. It may take a few meetings before you are able to talk about your loved one and that is understandable. What you say at our meetings is kept in the meeting, you can cry, hug, talk about how you are feeling freely. Our meetings are for parents, grandparents and siblings in grade 9 or above and adult siblings.

Your Friends at TCF Quakertown Chapter

**Quakertown Chapter does have a siblings group** that meets at various places, days and times. To try and accommodate the surviving siblings that cannot attend a regular meeting because of childcare issues or work schedule etc. Please contact our sibling contact person: Crystal Hunter via email or by phone. Contact info on front page.

## Upcoming Chapter Events

**McDonalds Special Event - MAY 2012**

**Memorial Walk & Butterfly Release -June 9, 2012**

## **The Western Pennsylvania Regional**

**April 20-21, 2012**

The 9th Annual Western Pennsylvania Regional, themed "Treasured Memories," will be held April 20-21 in Meadville, PA. Keynote speakers include TCF Executive Director Patricia Loder; Carla Blowey, author of *Dreaming Kevin: The Path to Healing*; and Lillian Meyers, PhD, FT, a bereaved parent and licensed clinical psychologist, certified grief counselor, and a Fellow in Thanatology. Planned are eight sharing sessions and 12 workshops. There will be picture boards, a butterfly table with a variety of items available for purchase. Registration fee for the conference is \$50 which includes all materials, entrance to all workshops, sharing sessions, break time refreshments, and a buffet luncheon. Special rates will be available at the host Days Inn. Watch here for Registration form in late January. For more information, contact Ralph and Norma Mc Clay at [rcorvette@windstream.net](mailto:rcorvette@windstream.net).

### CHAPTER NEWS

Anyone wishing to contribute to the monthly newsletter may do so. This is your newsletter and you may submit poems, lyrics to a special song, articles etc... When submitting any articles or poems please make every effort to list the author and where the article has been taken from. We want to give credit to the author if they are known. All submissions please send via email as a word document to:

[tcfquakertownchapter@verizon.net](mailto:tcfquakertownchapter@verizon.net) Or mail to newsletter editor at Darlene Dusza 415 Rich Hill Rd., Sellersville PA 18960. Your help in this will help with getting the newsletter done on a timely fashion. Please submit articles by the 15th of the month prior to submission. Thank you for your help. Darlene Dusza




# Memories



## In Memory of Tracy Hottenstein February 18 - February 15



Please Give a 

## To Remember Your Child or Sibling This Valentine's Day

To Our TCF Quakertown Chapter Families,

To show the love that Tracy had for life and those around her, we are asking for your help! We are asking everyone to make Valentine's Day more meaningful for those who are less fortunate.

You might want to select a group, an institution, or a family in your own community to whom you will spread Tracy's love this Valentine's Day! Perhaps you will make tray favors, table decorations, treats, little trinkets for a nursing home, hospital, underprivileged day care center. Give school supplies, warm clothing, food to a needy family or pantry, help at a soup kitchen, make a home cooked meal for a lonely senior citizen. You decide how you can help to make the world a better place, and change someone's life.

We would love to hear what you have done and share your project with us. We will be recording, yearly, written summaries and photos in a special album dedicated to Tracy.

With Love and Thanks on behalf of our love of Tracy,  
Betty and Charlie Hottenstein  
TCF - Quakertown PA

Send your project and photos to:  
Betty and Charlie Hottenstein  
C/O Compassionate Friends-Quakertown Chapter  
PO Box 1013  
Quakertown PA 18951

*Note: This is a way of keeping your child's memory alive. If you do something special to remember your child or siblings memory alive we would like to hear about it.*



During the February and March support group meetings we are going to be collecting canned goods and dry staple items for the following shelter and food bank. This is our Valentine's gift / good deed in remembrance of our children and siblings. Please bring canned goods/dry staple items to the meetings. You are not able to make a meeting but would like to help make a donation in remembrance of your loved one...NO WORRY just send a check with your donation made payable to the Bucks County Housing Group-Milford Township Shelter to our chapter address and we will give it to them to purchase what is needed. Make sure your name & address are on check or on envelope to receive a receipt for tax purposes.

Milford Township Shelter and Food Bank are in urgent need of food for their pantry. As of last week, only pasta and canned fruits and vegetables were on their shelves.

This shelter is located on Milford Square Pike and is independent from Quakertown's.

Would you be able to contribute to our box?

### Milford Township Shelter And Food Pantry as of January/2012 Urgent Needs

Oatmeal  
Pancake mix  
Syrup  
Cereal (kid-friendly)  
Peanut butter  
Jelly  
Juices  
Rice  
Pasta sauce  
Canned meats  
Canned tuna  
Soups  
Stews  
Pet food  
Infant items/disposable diapers  
Thanks for helping

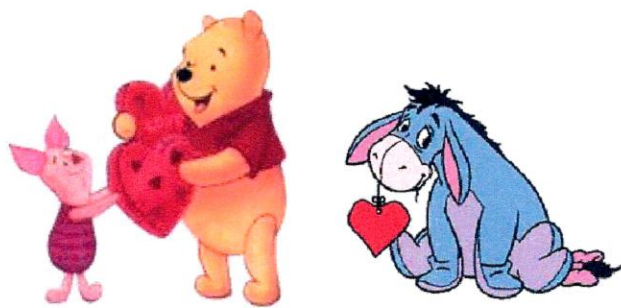


*In Loving Memory of  
Christopher Ulmer  
August 16 - February 27*

To Our Christopher,  
It has been six years since our world was forever changed. Your laughter stilled and your voice quieted but to this day your spirit lives on. Know that you are loved more than ever and missed more than words can say.

Forever in our hearts you will be  
Love always,  
Mom, Dad, and Jim

submitted by: Trish Ulmer - Quakertown TCF PA



**THE REASON FOR TCF MEETINGS**

One could ask, "Why go and listen to the woes of other people when it is easier to get wrapped up in our own?" It is not to compare tragedies, nor assess the right or wrong means of grieving, nor to pressure or complicate or confuse a bereaved parent with timetables of grief. This is not the reasoning behind TCF meetings.

When a child of a family dies, the emotional pain can be intense. It is tempting at times to try to run either into solitude or avoidance. A balance is needed to survive and live more than a resigned existence. Finding a way isn't easy when the "rest of the world" rushes by, taking little notice that our life has changed.

The monthly meetings of The Compassionate Friends is a special time we can set aside to gain and maintain our balance. We need a lot of encouragement to endure and experience our emotions and to express ourselves while grieving. Coming to a meeting can help alleviate the feeling of being alone in sorrow. The environment of other bereaved parents offers a means of keeping in touch with reality, in which there can be a sharing and mutual understanding. There is sustained support knowing that others are willing to acknowledge that though a child's song might be over, the melody of memories will remain woven throughout the remainder of our lives.

*N. Hunt  
TCF, Sioux Falls, SD*

**SNOW**

Every snowflake that falls is unique and has its own individual design. There are beautiful patterns in each snowflake and even the tiniest of flakes have their own markings. These patterns change again and again—even after the flake touches the ground. Each snowflake is a cause for wonder, each flake is one of a kind. No two are exactly alike. Like the snowflake, our beautiful children were each unique and special; some we only dreamed about and some danced upon the earth. They filled our lives with wonder and transformed our world. We held them too briefly, but we will hold them in our hearts forever. We shall remember them always. At this time of remembering, it may help to reflect upon how our lives have been enriched by the love we have given and the love we have received from our children. Our children leave treasures behind that time can never take away.

Written by Denise Falzon, TCF Lake Area, MI  
In loving memory of her son, Brian Falzon

***PLEASE BE GENTLE***

**An Afterloss Creed**

*Jill Englar*

*Westminster, Maryland*

Please be gentle with me, for I am grieving. The sea I swim in is a lonely one, and the shore seems miles away. Waves of despair numb my soul as I struggle through each day. My heart is heavy with sorrow. I want to shout and scream and repeatedly ask, "Why?" At times, my grief overwhelms me, and I weep bitterly, so great is my loss.

Please don't turn away or tell me to move on with my life. I must embrace my pain before I can begin to heal. Companion me through my tears and sit with me in loving silence. Honor where I am in my journey, not where you think I should be.

Listen patiently to my story. I may need to tell it over and over again. It's how I begin to grasp the enormity of my loss. Nurture me through the weeks and months ahead. Forgive me when I seem distant and inconsolable. A small flame still burns within my heart, and shared memories may trigger both laughter and tears. I need your support and understanding. There is no right or wrong way to grieve. I must find my own path. Please, will you walk beside me?

*Reprinted with permission from Bereavement Magazine  
5125 N. Union Blvd., Suite #4, Colorado Springs, CO 80918  
Phone (719) 266-0006*



# Siblings Corner

## TO MY SISTER

By Cindy Keltz ~Arlington Heights IL

You touched us all, you loved us all,  
Forever giving, forever caring,  
Forever forgiving,  
Never wanting in return.  
Blessed are those who shared your life  
Rich are those who carry your memories.  
Please rest now; your chores we will finish.  
'Til we meet again . . .

## THE BITTER TEARS OF LOVE LOST

Peter Smith, age 15; sibling to Gregory Smith

Because of my status in society  
I can look below to poverty  
and realize no matter how frustrated I get,  
I will always be very lucky to have a family  
who loves and cares for me.  
But still the tears roll down my face  
and my cheeks are forever stained  
because I know as long as I live  
my heart will always be pained.  
I was left in shock, pain, and fear,  
left with your unspoken words which I will never hear  
But in my days of sorrow when I feel that I will fall  
I can only repeat the phrase to myself,  
"It is better to have loved and lost than to never have loved at all



### Sibling Grief - Certain Words

Written by Scott Mastley

(Reprinted with permission [www.survivingsibling.com](http://www.survivingsibling.com); reprinted from TCF Atlanta June/July/August 2003 newsletter, <http://www.tcfatlanta.org/JuneJulyAug2003.html>)

My mother paged me while I was at work this afternoon, and I called her at home. She asked if I would like to go see a movie. Her question triggered many thought waves. I wanted to go with her, to be with her, but I couldn't just leave work. I wish I could have protected her from the loneliness. She was having a rough day like me, and I needed to talk. How was dad at work? Was he struggling to perform like me? Did he have to concentrate to finish anything?

continued...



I regret not doing what is most important. I should have talked with my boss and left work to be with my mother when she wanted to spend time with me. I feel great sympathy for my parents, but I have to admit that I don't grieve with them. We don't grieve together. We talk about it, but we usually grieve on our own. I'm guilty of trying to protect them in the same way that my friends try to protect me. My parents say, We are here for you. Call us when you need us.

♥I say, I know. I will.

♥They say, You haven't. You know we think about it every day, all the time. We can talk about it.

♥I say, I don't want to be depressing.

♥They say, You can be depressing with us. It is depressing.

♥I say, I know. I know. I'm here for you too. I just don't want to come out there and cry. I want to be positive.

I think about how I always say 'it' referring to the car accident, to Chris' death. I should say 'him'. I say 'it' because the accident took his life; it was the turning point. I am really talking about Chris, his life, and his absence.

I'm tired of thinking about the accident, picturing the scene, remembering Chris' last words, and imagining him as he arrived at the hospital. These things are too painful. It is hard to say that Chris died or that he is dead. If I say that he died, in my mind, it implies that he was sick or weak and that he could not sustain himself any longer. He was vibrant and healthy and full of life. The life didn't leave him on its' own; it was knocked out of him in a car accident.

I know that there are people who are walking along the street when they suddenly die. They were also vibrant and full of life. This is just an example of one of our little struggles. I hear surviving siblings say, 'My brother was killed in a car accident. A tumor killed my sister. My little brother lost his life to an accidental drug overdose. My big sister didn't make it through surgery.' We generally prefer to say that something is responsible for taking the life of our sibling. Saying that he died on a Monday doesn't place accountability for his death on any event. If the event had not occurred, our siblings would still be here, so we feel a need to mention the event in connection with the death.

It is difficult to say that my brother is dead. It is shocking to hear myself say it. The word is final and leaves no questions. It lets you know that Chris is gone forever. He's not going to show up later in the evening. He is not going to call. He is not going to write a letter. He is dead. I hate to say it. He did die and is dead, but I squirm when I say it like that. It is so matter of fact.



## How to Help a Bereaved Parent

It is often said that there is no greater loss than the loss of a child. It is what every parent fears and--if it happens--it can be intense enough to drive many people away. Yet, what every family member and friend faced with helping a grieving parent needs to know is that their help will be needed eventually. It may not be beneficial straight away, but some day it will be. You need to judge the timing and need by the nature of the people involved and by how events unfold.

What a bereaved parent wants the most is to have their child back. Sadly, no one can grant that wish. But, you "can" help. Knowing the right and wrong things to say or do when you are trying to help is important. While much of this will require your heightened sensitivity to the particular situation, this article will help to guide you to at least begin.

**1:** Remember that your help or support will be needed long term. It is going to take time.

**2:** There will be false starts, and setbacks. Be prepared for the emotional ups and downs with them. Your love and compassion is just what they need.

**3:** Start by attending the funeral and any memorial service. It doesn't matter what you need to cancel to be there. Making the effort to attend means a lot to the parents and shows them how much you care about their lost child, and that you are counted among those who intend to remember and aid the family in their time of loss.

**4:** Do some errands and fetch groceries for the parents. Be practical. Grieving parents need space to grieve. You can help this by providing meals, offering to keep the garden tidy, cleaning the house, or running errands for them. Do the everyday mundane things that suddenly seem pointless to them. Stay in close contact; simply calling and visiting can be a huge source of practical support.

**5:** Be free with physical shows of support. Give lots of hugs. Give the parent your shoulder to cry on literally.

\*Hold the parent and let them cry. Many many tears are normal and healthy

**6:** Do some research on the grieving process. Go online and read about what parents feel when they lose a child. Jump into forums and talk to other people about their feelings and the things that helped them through during the initial stages of their grief. Sites such as Compassionate Friends can be a good place to start.

**7:** Expect the grief to increase not decrease. This is grief for life, even if one day it is be the perennial missing-part-of-the-heart type grief; it's not something to "get over". Accept that there is no time frame on grief. For now, it will continue to grow in magnitude and you are much needed as the grief overwhelms your friend. Be a shoulder to cry on, someone who will listen, someone who will not judge, and someone who will keep being there, no matter what. Accept that a bereaved parent will never ever get over the loss of their child, but know in time, lots of time, they will get through it.

♥Don't ever tell the parent to "Get over it", or "Get on with your life, your child would want you to."

♥Never say "You can always have more children" if the parent is mourning the death of a baby or very young child. This is one of the most insensitive things to say to a grieving parent. And grandchildren are no substitute for lost adult children either; just don't go down this avenue of platitudes.

♥One really good phrase is simply: "Tell me how you feel." This lets the parent open up and talk in any direction wished. And to cry or scream if they want to as well.

**8:** Don't try to mend things and don't try to counsel or advise. Don't try to

mend things and don't try to counsel or advise. Unless you're professionally trained to handle grief, leave this part to the professionals. Your role is as someone who cares, listens, and respects the grieving parent. If you're inclined to offer religious or personally based advice, be one hundred percent sure it's welcome.

♥Allow the parent to talk about their child. Allow the parent to cry, scream, sob, & be angry. Simply allow them to feel all of their feelings. It's their right.

♥If you don't know what to say, say nothing, just listen. Saying nothing is better than saying something like, "He is in a better place", "He is with God now", etc. If you feel better saying something, simply explain that you don't know what to say if that's what you're feeling. It's better to be honest than to bumble along and potentially make things worse.

♥Don't force or overly encourage the parent to socialize, or return to work.

♥Never put them down or discourage them from seeking support online with other bereaved parents.

**9:** Never compare a child's death with a non-child death of your own you've experienced. The loss of a child carries very different connotations from the loss of a parent, sibling, or friend. Parents will often tell you that they wish it could have been them instead of the child and this is a feeling that haunts them for many years after. The pain after loss of a child does differ from any other loss of a person you know and love; accept this and acknowledge it where needed.

♥Share your pain over the loss of their child, but remember your pain is no where near their pain unless you have lost a child yourself. There is no greater pain than the death of one's child. Never tell a bereaved parent you know how they feel or you understand because you probably do not.

♥Do not compare the loss of your job, marriage, pet, or grandparent to the loss of their child.

**10:** Don't be afraid to talk about the child. Every parent wants to know their child is not forgotten. Listen to the parents when they want to talk about their child. Whether the child was young or an adult, there will be many memories that the parents will want to talk about, as a way of bringing the child back into temporary existence.

♥If you talk about their child and they cry, it's okay. Allow them their tears, and know that you didn't hurt them.

**11:** Stay in touch don't just disappear. This can be the ultimate letdown for a grieving parent, to lose someone who was once a friend, a rock. The concern you feel at not knowing what to say or do is nothing compared to the pain, sadness, and loneliness the grieving parent experiences. It's better to put your foot into it and apologize than to just fade away and cease to be a resource your friend can count on.

♥Remember the parent on Mother's Day & Father's Day, they are still a parent.

♥Remember the child's birthday. Send a card saying that you remember their child.

♥Remember the child's date of death. Send a thinking of you card, call them, share good memories about their child, and listen.

**12:** Give them space. As well as letting them know you're there for them, also accept that the bereaved parent may want to seclude themselves. Be wise to signals of distress about having you around and gently withdraw, still letting them know that you're there for them whenever they need you, just a call or text away.





## OUR CHILDREN REMEMBERED FOR FEBRUARY Birthdays and Always

- Heather Schaefer**, daughter of Linda and Wayne Schaefer, 2/3  
**Eric Martin**, son of Daniel Martin, brother of Mikaela Martin, 2/4  
**Robert Bowen**, son of Agnes and Robert Bowen, 2/5 - 2/12  
**Caitlin Beldham**, daughter of Danielle and Ian Beldham, 2/8 - 2/5  
**Stephen Fuhrmeister**, son of Lisa Fuhrmeister, nephew of Renee Hudoka, 2/6  
**David Utti**, son of Emanuel and Claudia Utti, 2/9  
**Jeffery Broxteman**, son of Roger and Janet Broxteman, 2/10  
**Shawn Lampmann**, son of Lynette & Bill Lampmann, 2/10 - 2/13  
**Marc Falcone**, son of Dominic and Carolyn Falcone, 2/14  
**Kristin Statuti**, daughter of Henry and Maryann Statuti, Shirley & Henry Statuti, 2/15  
**Scott Newell**, son of Carol Newell, 2/16  
**John Ruch**, son of Christina Dunning, brother of Stephanie Adams, 2/18  
**Tracy Hottenstein**, daughter of Charlie & Betty Hottenstein, sister of Scott & Troy, 2/18 - 2/15  
**John Inscho**, son-in-law of Peggy Daggitt & brother-in-law of Diane Anderson, 2/18  
**Rachel Watts**, daughter of Joe & Danielle Watts, 2/18  
**Kinsey Duvall**, son of Craig and Pat Duvall, 2/20  
**Tammy Moore**, daughter of Tom and Sandra Moore, sister of Tara and Troy Detweiler, 2/25  
**Cpl Barton Humlhanz**, son of Michele and Don Carey, brother of Niki Humlhanz, 2/26  
**Jason Tyler Foulke**, son of Mitzi and Dean Foulke, 2/26  
**Matt Cardinal**, son of Lynn Cardinal and brother of Mike, 2/28  
**Sullivan Burd**, son of Glenn & Jessica Burd, 2/28

## Our Beloved Children...In our Hearts always... Remembered on the Remembrance Day of their death

- Myrl Packer III**, son of Anna Packer, 2/1  
**Douglas Hofmackel**, son of Marie and Ken Hofmackel, 2/7  
**Blake Smith**, son of Colleen and Robert Bendesky, 2/8  
**Anne Marie Acker**, daughter of Anne Marie Acker and sister of Jamie Lynn Russo, 2/9  
**Dawn Cannon**, daughter of Joanne and David Cannon, 2/9  
**Megan Eschenburg**, daughter of Gary and Peggy Eschenburg, 2/10  
**Brenda Meehl**, daughter of Patricia and Harold Hunsicker, 2/10  
**Lisa Kuniega-Lewis**, daughter of Arlene and Alan Vogel, 2/10  
**Joshua Fehrle**, son of Thelma Dobson, brother of Rhiannon Harris, 2/10  
**Rachel Behrig**, daughter of David and Kimberly Behrig, 2/11  
**Marsha Chai Lambert**, daughter of ChinLing and Martha Chai, sister of Monica Chai, 2/12  
**Jake Paternoster**, son of Mike and Ruth Paternoster, 2/13  
**Rebecca VanLuvanee**, daughter of Daniel and Nanette Helms, 2/13  
**Randy Angstadt**, son of Paul and Barbara Angstadt, 2/15  
**Stormy Weaver**, infant daughter of Amber and Nathan Weaver, 2/16  
**Vivienne Martin**, daughter of Justin and Mary Martin, grand daughter of James and Catherine McFadden, 2/17  
**Rodney Bossert**, son of Julia Bossert Roush, 2/18  
**Kevin Short**, son of Frank & Lynne Short, 2/18  
**Justin Gill**, son of Bryan Gill, brother of Bryan & Jennifer Gill, 2/20  
**Sarah Souder**, daughter of Dean and Kay Souder, grand daughter of Betty and Fred Deetz, 2/22  
**Shane Bowen**, son of Agnes and Robert Bowen, 2/25  
**Daniel Murphy**, son of Merry Murphy, 2/25  
**William Nemeck Jr**, son of Margo Staats, 2/27  
**Christopher Ulmer**, son of James and Patricia Ulmer, 2/27  
**Brian Hackmaster**, son of Barbara Hackmaster, brother of Amy Hackmaster, 2/27  
**Christine Vandergrift**, daughter of Karen Moyer, 2/27

*and all the children that will never be forgotten as we celebrate their lives and memories*











The Compassionate Friends  
Quakertown Chapter  
PO Box 1013  
Quakertown, PA 18951

MEETING DATE: Tuesday, February 14, 2012

## February, 2012 newsletter



WE ARE A SUPPORT GROUP FOR PARENTS, SIBLINGS, GRANDPARENTS AND FAMILIES WHO HAVE EXPERIENCED THE DEATH OF A CHILD OR SIBLING OF ANY AGE.

**If you do not wish to receive this newsletter. Please return this page to the above address.**

### *The Compassionate Friends Credo*

We need not walk alone. We are The Compassionate Friends.

We reach out to each other with love, with understanding, and with hope.

The children we mourn have died at all ages and from many different causes,  
but our love for them unites us.

Your pain becomes my pain, just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances.

We are a unique family because we represent many races, creeds, and relationships.

We are young, and we are old.

Some of us are far along in our grief, but others still feel a grief so fresh and so  
intensely painful that they feel helpless and see no hope.

Some of us have found faith to be a source of strength, while some  
of us are struggling to find answers.

Some of us are angry, filled with guilt or in deep depression,  
while others radiate an inner peace.

But whatever pain we bring to this gathering of The Compassionate Friends,  
it is pain we will share, just as we share with each other our love for the children who have died.

We are all seeking and struggling to build a future for ourselves,  
but we are committed to building a future together.

We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace,  
share the faith as well as the doubts, and help each other to grieve as well as to grow.

We need not walk alone. We are The Compassionate Friends .(c) 2007