



Quakertown Chapter

servicing Upper Bucks and Montgomery Counties

The Compassionate Friends National Office
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www.compassionatefriends.org

Eastern PA Regional Coordinators

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August 2013 newsletter

The Compassionate Friends

Quakertown Chapter

PO Box 1013

Quakertown PA 18951

Chapter Info line: 215-536-0173

Chapter email:

tcfquakertownchapter@verizon.net

website: 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, August 13, 2013 7:30 PM-9 PM** at the **St Lukes Quakertown Hospital, 1021 Park Ave., Quakertown, PA in Taylor conference rooms A & B.**

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.

2013 Quakertown Chapter Steering Committee

Chapter Leader

Darlene Dusza

215-536-0173

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

Remembrance and thank you cards

Gail Ketterer Crystal Hunter

Kelly Ferdock MaryAnn Kulp

Nancy Eisenhart Jennifer Emberger

Hospitality Committee

Carol Graham

Mary Anne Macko

Committee Members

Linda Stauffer Bonnie Maurizio

Barbara Reboratti Nancy Eisenhart

Karen Lavery Linda Ervins

Chapter Librarian

Donna Hesse

Theresa Sitko

Email - Telephone Friends

Barb Reboratti - daughter, Allison

death-- result of crime

victim.advocate@verizon.net

215-538-0941

Darlene Dusza - daughter, Michelle

death-- result of auto accident

nanadusza@verizon.net

215-536-0173

Jennifer Emberger sibling, Jason

death -- suicide

dance140@hotmail.com

215-828-3810

Crystal Hunter-sibling, Justin

death - medical condition

crys.hunter@gmail.com

614-746-8076 (sibling contact person)

Melissa Fisher- sibling, Jon

death-- result of medical condition/care

melissa2539@gmail.com

215-880-4148

Donna Hesse - daughter, Kisha

death -- result of auto accident

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: 610-462-1892

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, Support for children ages 5-18 who are grieving the loss of a family member or friend. - Is currently not offering services contact St. Luke's Hospice at 610-997-7120 or Krista.Malone@sluhn.org.

Stepping Stones for children ages 4 -12 years old, has a program for children who are grieving a sibling, parent, etc... Held at: Camelot for Children, 2354 W. Emmaus Ave, Allentown PA 18103 call: 610-969-0330 for more information

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

www.kidsaid.com - is a FREE online resource and is a safe place for kids and teens to help each other deal with grief and loss. There are options of email support groups, sharing artwork, poetry, and stories, and a place for parents and kids to ask questions and get answers.

Kids-to-kids is an email support group for kids ages 12 and under

K2K-teens is an email support group for teens ages 13- 18.

THANK YOU

Thank you to Virginia Leigh-Manuell and Peggy Daggitt/Diane Anderson, for providing our July refreshments. They do this in remembrance of their children / siblings. Virginia (Brian), Peggy/Diane (Chris & John)

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 \$30 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, Kelly Ferdock, Gail Ketterer, Nancy Eisenhart, Crystal Hunter and Jennifer Emberger for the Remembrance and Thank you cards that you receive. They do this in remembrance of their children/ siblings, son, Tony (MaryAnn), son, Steven (Gail), son, Cole (Kelly), daughter, Kelly (Nancy), brother, Justin (Crystal) and brother, Jason (Jennifer). 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.

Linda Ervin, In Loving Memory of her daughter, Crystal D (Ervin) Cordero, June 10 - August 26

We miss and love you so much. Love Always, Mom, Dad, children & family

Virginia Leigh-Manuell, In Loving Memory of her son, Brian Leigh-Manuell, July 18 - May 8

In Loving Memory....

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

In Loving Memory of our daughter, Brenda Meehl

Mary, Ross & Ashley Smith, In Loving Memory of their son/brother, Eric R Smith, August 21 - June 12

Happy Birthday, Eric! We cherish our memories - love never dies!



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

Heaven's Recipes

This is open to everyone - PLEASE send in recipes

We would like to compile a cookbook of our children's and siblings favorite foods to share with our parents and families. If you would like to contribute a few recipes to our cookbook please send complete ingredients with measurements, mixing instructions, baking instructions, category it would be listed in etc... along with your name and who it is in memory of, and the TCF chapter you are affiliated with if not the Quakertown PA chapter. **We welcome recipes from any of the TCF chapters and families.** You may send more than 1 recipe in...categories are -- appetizers, main dishes, salads, desserts, cookies, cakes, pies, beverages, etc.

Send recipes by email as a word document or PDF file to:

tcfquakertownchapter@verizon.net or mail to:

Compassionate Friends - Quakertown Chapter

Att: Cookbook

PO Box 1013

Quakertown PA 18951

Recommendations for a Grieving Family System

by Thomas R. Egnew, Ed. D., ACSW

tcfcanada.net

1. Recognize the hurt: identify, predict, and accept the validity of the unique issues and problems the family faces:

Be gentle with each other.

2. Be realistic about expectations as parents:

We cannot protect our children from everything.

3. Identify problem areas and communicate about them in light of grief process:

Never underestimate the impact of grief on the family.

4. Discuss differences in grieving styles and do not judge the responses of other family members:

Do not expect the grief of other family members to be like yours.

5. Men, open up to your pain/grief, learn to cry and express anger/stress appropriately: women, learn to express your anger appropriately:

Learn to share your grief with one another constructively.

6. Assist children to grieve by allowing expression of feelings, giving factual explanations, and being careful of expectations:

Don't expect children to act or understand like adults.

7. Pace yourself with the recognition that grief resolution will take a long time and will require reworking throughout life:

Recognize and prepare for anniversary reactions.

8. Establish personal and family methods of recognizing important times relative to the deceased:

Create family grief rituals.

9. Give yourself and family members permission to set aside grief and enjoy life:

Have fun together.

10. Be realistic regarding the resolution of grief:

Accept that things will never be the same and turn off the "if only's".

Memories ...



*In Loving Memory of
Crystal D (Ervin) Cordero
June 10 - August 26*

It will be 3 years on August 26th, when you went up to heaven to be with the other Angels. It seems like it was just yesterday. There's not one day that Dad & I & your family doesn't think about you or miss you so much. We take one day at a time but it doesn't seem to get any easier for me.

You are close to me in my heart and
you are my little blue butterfly that soars in the sky.

It's blue against blue that we see...

Although it may vanish, our hearts know its there...
that little blue butterfly, peaceful and free...

Within our hearts,

You are never really gone...

You live on in our
beautiful memories for
always and forever.

We miss and love you so very much.

Love Always and Forever,
Mom, Dad, Mersadie, Austin, Blake and your family

Submitted by: Linda Ervin, TCF Quakertown PA



*In Loving Memory of
Kisha Hesse
October 8 - August 21*

Dear Kisha,

August 21 marks 7 years you have been gone. Missing you never gets any easier. The beginning of every August I start to get that horrible feeling in my heart. The "count down".. as the day gets closer i find it harder and harder to concentrate. All my thoughts seem to be centered around you. I remember the police at my door asking me I have a daughter named Kisha. From that point on my life has forever changed. I try to find joy, but i don't think that I will ever happen. Not the true pure joy my life once had. But on August 21 I will be near the ocean and thinking of you.

Love,

Mom

submitted by: Donna Hesse - TCF Quakertown PA

The Butterfly **Transmutation, Dance of Joy**

The butterfly is the symbol of change, joy and colour,

It is the symbol of the soul,

They remind us that life is a dance,

Not to take things quite so seriously,

They also remind us to get up and move,

Dance brings the sweetness of life.

Butterflies bright colour and joy to your life.

Look at them and remember what joy is in your

life, if it's a lot or a little, it is still joy.

They teach us that growth and transformation

does not have to be traumatic;

It can occur gently, sweetly, joyfully,

If a butterfly totem has shown up in your life,

Make note of the most important issues in your

life, and see what needed to change.

[Lin Oiberlin]



You Are Not Your Grief Story

"I have clients who have been telling their story to others, including therapists, for years. They are filled with anger, regret, and blame. Sometimes their anger is so intense it will flow over to me as I encourage them to leave the story behind. They wonder who they will be without their story. In the beginning, we must tell our story, particularly to our friend or friends of the heart. But soon, that story begins to take up residence in the cells and becomes the answer to "who are you?" We are not our darkest story. We are our heart, our soul, our relation to the earth, the people on the earth, and our relationship with ourselves. We are teachers, healers, parents, siblings, daughters and sons, friends and lovers. We are so many things that to narrow ourselves down to the angry or disappointed or grieving self of our story is to deny our God-given beauty.

So, yes, some of us will tell our story over and over, particularly if it is a grief beyond our understanding. Telling it leads to some small amount of comprehension. But the story of our grief is only a small part of us. If we allow it to take up permanent residence throughout our body, mind, and spirit we will have a lot of work to do in the darkness. So what is the alternative? We must tell ourselves it's time to make a conscious choice for healing, knowing in our hearts that we will be supported. In that gift we will rediscover the holiness and beauty of life--and death."

~ By Therese Tappouni
The Gifts of Grief

~ Submitted by Barbara Reboratti in tribute to Allison K.
Reboratti 1982 ~ 2001



TIPS FOR SURVIVAL

lovingly lifted
from TCF Lehigh Valley newsletter /TCF Delaware County
newsletter

We need to remember that there is a light at the end of the tunnel; things will get better or become bearable. Consider these tips:

- ✦ Get through each week, one day at a time. Each day, one hour at a time.
- ✦ Get busy with activities that take up some of your thinking time.
- ✦ Develop new interests, skill, goals. Meet new people; bereaved parents.
- ✦ Active sports get you out of the house and help to buoy your spirits.
- ✦ Reach out to others in distress and you will help yourself.
- ✦ Share your grief. Allow others to grieve with you. Be open with friends who want to know how you are feeling and what they can do to support you.
- ✦ Search out something to be thankful or appreciative for each day.
- ✦ Keep a sense of humor.
- ✦ Show emotion. If you feel it, show it.
- ✦ Get involved with a church, temple, or organization (The Compassionate Friends would fill the bill nicely as a strong support for you during the terrible months of early grief.)

Leaves of Memory

Softly the leaves of Memory fall
Gently we gather and treasure them all
Unseen
Unheard
you are always near
Still loved
Still missed
so very dear
No length of time can take away
My thoughts of you from day to day
Whatever else I fail to do
I never fail to think of you.

Author Unknown

"You Should Be Over it"...But What Is "IT"?

author unknown

"It's been a year, you should be over it." What exactly is "IT"? Do people who have never suffered loss really know what "IT" is? To us, the bereaved....

"IT" is five days after the funeral, and your world caves in with the reality of the loss.

"IT" is Thanksgiving Day, trying to find something to be thankful for.

"IT" is Christmas without the "merry" and New Year's without the "happy".

"IT" is your first day back to work when every minute you are afraid you will burst into tears.

"IT" is their birthday, but there is no them to celebrate.

"IT" is Valentine's Day, only this time no hearts and flowers to share with them, and your heart is broken.

"IT" is your birthday, and there is still no them to celebrate it with.

"IT" is springtime when everything comes alive except you that is.

"IT" is Easter and everyone is singing "Let Us Rejoice & Be Glad" but there is no rejoicing and no glad in your heart.

"IT" is Mother's Day and you sadly remember how happy being a mother made you feel.

"IT" is Father's Day and you sadly remember how happy being a Father made you feel.

"IT" is the 4th of July and the celebrations remind you just how little you feel you have to celebrate now.

"IT" is vacation time and you just stay home, because there is nowhere to go to not feel so empty.

"IT" is Halloween and you pass out candy, but memories of all of past happy times together make you sad.

"IT" is seeing milestones in your life progress and pass and your loved one is gone, never to share them with.

"IT" is looking at the moon and wondering if they see the same moon like the two of you always did in the past.

"IT" is receiving the first wedding invitation to their friend's wedding and knowing that life goes on.

"IT" is going back into that church for the first time and remembering and feeling that all eyes are on you.

"IT" is going to another funeral for the first time and feeling yourself shaking all over, too distraught to stay, but unable to leave.

"IT" is doing all the things you always did, plus all the things you had hoped to do together, and doing it all when all of your energy has been used for grieving.

"IT" is being strong when you really feel weak.

"IT" is dealing with all the legality of estates and such when all you want to do is hibernate.

"IT" is a whole big bunch of stuff you didn't ask for, didn't want and can't even give away.

"IT" is going to the cemetery and seeing the monument with their name, and it hits you hard that THIS IS REAL!

"IT" is feeling like a traitor when you get rid of their personal belongings.

"IT" is approaching the first anniversary of their death and reliving it all. And some things might be better, but the void is no less.

"IT" is people forgetting, and you cry, and people remembering, and you cry.

"IT" is a future of unknowns and uncertainties and emptiness.

"IT" is in the first glimpse of sunrise and in your last waking breath, and even in your sleep and dreams...

So maybe when someone tells you that you should be over "IT" by now, you should just tell them what "IT" really is!

How Grieving Parents Can Take Care of Themselves

By Robin Fiorelli

Many parents and adults find it challenging to care for children when they are grieving the loss of a loved one themselves. This is why it is imperative that adults make a special effort to get the support and assistance they need, so that, in turn, they can attend to the grief needs of their children. Some adults, on the other hand, find it particularly therapeutic to give to a grieving child because it can be healing to provide assistance to someone else.

If possible, grieving adults should:

Take time for themselves to sort out their own concerns, doubts and fears. It is hard for an adult to be reassuring to a child when he or she has unresolved fears.

Take care of their physical health—rest, eat right, exercise moderately and avoid alcohol and drugs.

Keep a grief journal, read books about grief and join a bereavement support group. Many grief experts also suggest waiting to make any major life decisions.

Take people up on their offers of help and support. Relatives and friends can run errands, take care of the children or assist with the final arrangements. It is important for the adult not to become isolated.

Allow the child to care about them, as long as the child doesn't become consumed with care.

Have someone with whom they can share the responsibility of providing emotional grief support to the child.

WWW.BEREAVMENT-POEMS-ARTICLES.COM

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.

Myths About Children and Grief

By Robin Fiorelli

Both mental health practitioners and parents alike have been misguided about how children experience the loss of someone significant to them and about the most effective ways to assist a grieving child. In a systematic review of the prevailing misperceptions, Charles A. Corr identified the most prevalent one as the belief that children do not really grieve because they are too young to understand death. The reality is that children's grief may look different than that of adults, but it shares fundamental similarities as a physical and emotional reaction to the loss of a significant loved one.

The most compelling myth is that it is best to protect a child from death-and also from grief. It is natural for adults to want to protect children from painful experiences. However fanciful this wish may be, children will grieve in their own unique ways. It is imperative that caring adults do not dictate or impede that process, but instead allow and even facilitate children's expressions of grief.

Another myth is that funerals and memorial services are not age appropriate and children may be traumatized by the acute emotional experience at such an event. As will be discussed below, current research suggests that a child should receive information about what the event will be like, and then should be allowed to make up his or her own mind about participating-a decision adults should honor.

Another common myth is that children are "naturally resilient" and should just "bounce back" after a loss. This is not always the case. A child's ability to "bounce back" depends on a number of factors, including concurrent stressful events, the child's understanding of the death, the child's developmental age and the support received by adults in the child's life. On the other hand, John Bolby, in his work on attachment and loss, concluded that children are more susceptible to profound emotional scarring after experiencing a significant loss. Supposing this potential exists, its realization still depends on the factors listed above, most importantly the attitudes and behaviors of adults important in the child's life.

Children tend to attribute physical symptoms to emotional experiences more than do adults. Many parents are familiar with the headache that appears when a child is overwhelmed with emotion or with the stomachache that appears the morning before a school test. There is much debate about whether children really experience emotions more as a physical sensation than do adults and whether they know that adults in their lives are more apt to heed physical rather than emotional symptoms.

VACATIONS

By: Betty Ewart - Bereaved Mother - Lewisburg, WV

There is not a lot written about vacation time even though this can be a very difficult time. I remember so well the first July vacation we took after Ruthie's death in April. I could not face going and "leaving her" and going to all the places we had been in the past with her. That is one of the "firsts." Here are some hints that may help if you are dreading vacation time. By the way, there is never a time that you don't think of vacations past but the memories get less painful and you begin to forge new memories.

Where do we go?

There is no good answer to that. Yes, if you go where you have always gone on vacations, memories will flood in. But if you choose a totally new place, we found that you just wonder how he/she would have liked it here, what would she have done, etc. So, you take your choice and expect the feelings and plan for them.

What do we do if we visit relatives?

Talk to them. Tell them that it is hard and that it is alright to talk about your child – when they see that you welcome hearing the name and having them share memories they have, everyone can relax

Will I forget her/him?

Don't fear! You can never forget just because you are away from home memories. Don't be afraid to talk about her/him and let them be a part of things.

Traveling companion?

Remember that you can not really leave your grief at home when you go on vacation. It will go with you. Plan for it and pack for it. Don't over-schedule the days and activities. You won't feel like doing as much, perhaps, as usual, and you may tire more easily. Take along some reading material – perhaps on grief but some light reading too.

Just remember that bereaved families and people need a respite from the daily stresses of work and of life and grief. Also know that often the anticipation is worse than the actual event. If you have been through Christmas, a birthday or a death anniversary, etc., you may remember that the weeks or days before may be worrisome and you may not be sure how you will get through it, but suddenly the day is there and over and it wasn't as bad as you expected, even if it was bad.

So just decide when and where the vacation will be, plan ahead, and go. Allow yourself to enjoy it. Often we feel guilty if we have a good time. Remember how much your child enjoyed trips and life and know that she or he would want you to do the same.



OUR CHILDREN REMEMBERED FOR AUGUST

Loved...Missed...Remembered on their Birthdays and Always

- Tommy Snyder**, son of Dr. Carolyn Rutherford, stepson of Gary Reese, brother of Dr. Tara Snyder, 8/1
- Jennifer Wenhold**, daughter of Jeff & Wendy Wenhold, 8/2
- Eric Gotwals**, son of Gary & Anne Gotwals, 8/4
- Daniel Murphy**, son of Merry Murphy, 8/7
- Jeremy Nase**, son of Carol Nase, 8/7
- Jamie Stewart**, son of Jim & Beverly Stewart, brother of Sherrie, 8/8
- Petie Shultz**, son of Pete and Maria Shultz, brother of Nathan and Maria, 8/10
- Tom O'Donnell**, son of Thomas and Susan O'Donnell, 8/10
- James Bowen III**, son of James and Catherine Bowen Jr., 8/10
- Brenda Meehl**, daughter of Pat and Harold Hunsicker, 8/10
- Tara Sciss**, daughter of Todd Sciss, 8/12
- Sgt. Christopher Thomas**, son-in-law of Barbara and Ed Reboratti, 8/12
- Derick Schubert**, son of Anne & John Schubert, 8/13
- Austin Fenstermacher**, son of LoriAnn Kramer and David Fenstermacher, 8/14 - 8/14
- JanaLee Snedeker**, daughter of Dave Snedeker, 8/15
- Christopher Ulmer**, son of Trish and Jim Ulmer, 8/16
- Michael Morgan**, son of Deb and Ray Vrtis, 8/17
- Zachery Roessler**, son of Chuck Roessler, 8/18
- Eric Smith**, son of Ross & Mary Smith, brother of Ashley, 8/21
- Erika Thomas**, daughter of Thomas and Peggy Delpopolo, 8/22
- Alison Gilmore**, daughter of Susan Slawek, 8/24
- Mike Hicks**, twin brother of Kathy Hicks, 8/26
- Douglas Hofmackel**, son of Marie and Ken Hofmackel, 8/27
- Kimberlee Godshall**, daughter of Terry and Fairlie Godshall, 8/29
- Eric Moyer**, son of Ray & Linda Moyer, 8/29
- Peter Plant**, son of Steven and LouAnn Wilkinson, brother of Rachael Wilkinson, 8/31
- Robert Bozarth**, son of Irene Kelly and William Worthington, 8/31 -8/18



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

- Joseph Cooper**, son of Edith Cooper, 8/2
- Sarah Sylvester**, Paul & Lenore Darkes, 8/2
- James Layton**, son of Barbara and James Layton Sr, 8/2
- Bobby McCans**, son of Dorothy and Charles McCans, 8/4
- John Roeder Sr**, son of Don & Joan Roeder, brother of Kerri Garges, 8/4
- Dustin Stauffer**, infant son of Glenn & Sandra Stauffer, 8/8
- Jim Roberts III**, son of Sue and Jim Roberts, 8/25 - 8/8
- Keven Kuestner**, son of Keith and Tammy Kuestner, 8/9
- Wayne Stokes**, son of Scott and Ellen Stokes, 8/9
- Cynthia Benge**, daughter of Robert and Cheryl Benge, 8/12
- Jason Pini**, brother of Jennifer Emberger, 8/12
- Bradford Krenitsky**, son of Don & Deb Krenitsky, 8/12
- Sean Buehrle**, son of Kathy Buehrle & grandson of Laura Buehrle, 8/12
- Brian Wensel Jr**, son of Michelle Lauzan-Wensel and Brian Wensel Sr., grandson of Leory and Dawn Wensel, 8/13
- Todd Iatarola**, son of Rhonda Iatarola, 8/13
- Alexandria Gasior**, daughter of Linda & Dan Brophy & Ellen & Duke Misnik, 8/13
- William Scott III**, son of Ruth Scott, 8/15
- James McKale**, grandson of John and Winifred McKale Jr, 8/17
- Thomas Richards**, grandson of Jean Helleman & Theresa Richards, 8/17
- Lynn Gross**, daughter of Jean Werst, sister of David Werst, 8/17
- David Trump**, son of Laura Trump, 8/18
- Jason Orlick**, son of Teri Orlick, 8/18
- Terry Harris**, son of Kathe McDaniel, 8/19
- Daniel Lavery**, son of Karen Lavery & Daniel Lavery, brother of Meghan Lavery, 8/19
- Kisha Hesse**, daughter of Donna Heese & Carl Heese, sister of Brienne Fretz & Ryan Schultz, grand daughter of Don and Peg Deetz, 8/21
- Ryan Mitman**, son of Victoria and James Weisbrod, 8/21
- Kinsey Duvall**, son of Craig & Pat Duvall, 8/21
- Justin Hawkes**, son of Norm & Dorrie Hawkes Jr, 8/22
- Billy Smith**, son of Cleora Moshier, 8/23
- Kevin McFadden**, son of Phillip Sr. & Kathleen McFadden, 8/25
- Kevin Villante**, grandson of Joe & Cecilia Villante, 8/25
- Cpl. Barton Humlhanz**, son of Michele and Don Carey, 8/26
- Crystal Cordero**, daughter of Linda and Rich Ervin, 8/26
- Paul Swope**, son of Marge Swope, 8/27
- Peter Hallinan**, son of Carol and Tom Hallinan, 8/28
- Robert Kalbfleisch**, son of Kurt & Deb Kalbfleisch, grandson of Don & Joan Kalbfleisch, brother of Rebecca, 8/28
- and all the children that will never be forgotten as we celebrate their lives and memories*

****** UPCOMING MEETING ANNOUNCEMENTS ******

August 13, 2013 -- 7:30 PM - general support group meeting

August 2013 - No steering meeting this month

September 10, 2013 - 7:30 PM - general support group meeting

September 24, 2013 - 7 PM - steering meeting - Quakertown Family Diner

December 8, 2013 -- Candle Lighting - more information to come shortly --Any photos that we have from previous candle lighting will be used again. Send any new photos in now for this year slideshow.

Newsletter Update Form

The purpose of this section is to update your information, email address, mailing address, phone number, Child's name, sibling's name, birth date and anniversary death date. This information will also help us in remembering your child / sibling on their days with a remembrance card sent to you by our chapter. Any questions contact the newsletter editor at 215-536-0173. Mail to the above address. I am the parent sibling grandparent

Your Name _____ I give permission to remember my child/sibling in the chapter newsletter / website newsletter
Address _____ on their remembrance day and their photo if submitted
Phone # _____

Child / Sibling name _____ birth date _____ anniversary date _____

Child / Sibling name _____ birth date _____ anniversary date _____

If you would like to receive information about our special events, memorial walk and butterfly release, candle lighting etc. via email please provide your email address below.

Would you please consider to receive our newsletter via email as a link to a chapter website where you are able to view it before it is mailed to those who do not have email.

yes no email address: _____ PLEASE PRINT

Authorization Signature

Date

LOVE GIFTS

A LOVE GIFT is a gift of money to The Compassionate Friends. It is usually in memory of a child who has died, either on his/her birthday or anniversary of the death. It can also be from someone who wants to honor a friend or relative who has died, or anyone who wants to help support the work of TCF. Your LOVE GIFTS are TAX DEDUCTIBLE, and are the Chapter's main monetary support. Chapter Non-profit #2053

I wish to make a donation in memory honor of _____
Birth date _____ Death date _____

Love gift message _____

Please send your check payable to: TCF Quakertown Chapter and mail to: TCF Quakertown Chapter, PO Box 1013, Quakertown, PA 18951

I / We would like our Love gift to be used for: Special Events /Speakers/community outreach Memorial Garden
 Candle Lighting Program Memorial Walk & Butterfly Release General operating expenses

Your Name _____ email _____

Address _____

Telephone _____

LOVE GIFTS

If you would like to remember your loved one in our newsletter and make a donation to help support the group please fill in the form and mail it in by the 15th of each month for the next months newsletter. Information and love gift must be received by above date to insure it to be in the next month's newsletter. Any love gifts received after the above date will be mentioned in the following month's newsletter. Thank you, The Newsletter Editor



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

MEETING DATE: Tuesday, August 13, 2013

August 2013 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