



Quakertown Chapter

servicing Upper Bucks and Montgomery Counties

The Compassionate Friends National Office
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February 2013 newsletter

The Compassionate Friends
Quakertown Chapter
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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 12, 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
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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

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: 610-820-4004

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 email: info@ryanstree.com

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

THANK YOU

Thank you to Theresa & Henry Sitko, Peggy Daggitt & Diane Anderson and Carol & Albert Graham for providing our January refreshments. They do this in remembrance of Clayton (Theresa & Henry), Chris and John (Peggy & Diane), Peter (Carol & 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 \$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.

Pat & Harold Hunsicker, In Loving Memory of their daughter, Brenda Meehl, August 10 - February 10
You are forever in our hearts. We love & miss you very much.

Dean & Kay Souder, In Loving Memory of their daughter, Sarah Souder, September 2 - February 22

Jim & Helen Geib, In Loving Memory of their son, James Gabriel Geib, June 15 - June 22
Always and forever in our hearts.

Lynette Lampmann & family, In Loving Memory of their son, Shawn Lampmann, February 10 - February 13
Loved and Missed Always

Peggy Daggitt and Diane Anderson. In Loving Memory of their daughter/sister, Chris Inscho, January 12 - July 30

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

Doreen Pettie, In Loving Memory of her grandsons, Clayton Sitko, September 12 - January 20 and Petie Shultz, August 10 - September 24

Theresa & Henry Sitko, In Loving Memory of their son, Clayton Sitko, September 12 - January 20



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.



Will I Get Better

The worst hurt you'll ever have is to have a child taken away
All the pain in your heart will be with you each day
But you will go on because you'll find so many really care
Your good friends and family will always be there.

So many people ask me does it get better in time
I tell them each person is different your own way you must find
You find that as you go on some of your grief will end
But we do know that your heart will never mend.

In time you'll do all the things that you used to do
But you'll feel in your heart it's not the same to you
Do things get better that is up to each one
Some day you will laugh again and even have some fun.

But that does not mean you have forgotten your child
All their memories you keep of their beautiful smile
Some people may hurt you with the stupid things they say
You have to just listen to the ones who love you each day.

So try to keep up your spirit for your day will arrive
And you'll be thankful to all who helped you survive
The people who remember your child as if they were here
Those are the loved ones that you'll always hold dear.

Now you say will I ever get better how long will it take me
When you start to help others then you will see
That you have changed so much since that first day
Now I say to you that you have found your own way.

Dee and Jack Heil
TCF Northeast Philadelphia, PA

Memories ...

Valentine Message

I send this message to my child
Who no longer walks this plane,
A message filled with love
Yet also filled with pain.

My heart continues to skip a beat
When I ponder your early death
As I think of times we'll never share
I must stop to catch my breath.

Valentine's Day is for those who love
And for those who receive love, too
For a parent the perfect love in life
Is the love I've given you.

I'm thinking of you this day, my child,
With a sadness that is unspoken
As I mark another Valentine's Day
With a heart that is forever broken.

Annette Mennen Baldwin
TCF Katy, TX

In Memory of my son, Todd Mennen

Valentine's in Heaven

Are there Valentines in Heaven?
Are there Red Hearts everywhere?
Do they line the golden streets,
Or is that very rare?
I wish that I could send you one,
Right through Heaven's Gate,
To say how much we miss you,
On this special date.
I'd like to send a Candy Heart,
That is printed, "I Luv U,"
And maybe you would whisper back,
"I know, I Luv U too."

Marilyn Rollins
TCF Lake-Porter, IN
For All Our Children



Winter Memories

The days are getting colder,
and the first snow's not too far off.

It used to be so pretty
gently falling from aloft.

But the snow won't be as pretty,
as it gathers on the ground,
'cause there'll be a snowman missing,
my son is not around.

The playing children's laughter,
used to be a special song,
but this year will be different,
without my son to sing along.

The song has lost its music,
and it'll be just another day,

as I gaze down from my window
and watch the children play.

But the snow will again be pretty,
in a far off distant time,
and we'll build snowmen together
and we'll never look behind.

For now, I'll remain with memories,
and the melting snow will fade,

but he builds snowmen to his heart's content,
because he now lives where snow is made.

Jeremiah Sundown
TCF Nashville, TN

For the Newly Bereaved

The death of our children at any age from any circumstance is indeed one of the cruelest blows that life has to offer. The journey through this grief is a very long, dark, difficult and painful one for bereaved parents.

In the early minutes, days, weeks, months and even years of grief, we find ourselves in an all consuming grief and pain beyond description. We find it difficult to carry on our everyday lives or to think of little except our children's death. Even our once wonderfully happy memories, shared with our children while they lived, now bring us pain for a time.

Bereaved parents do not "get over" the death of our children nor "snap out of it" as the outside world seems to think we can and should. The death of our children is not an illness or a disease from which we recover. It is a life altering change with which we must learn to live.

With the death of our children we are forced to do the "impossible": build a new life and discover a "new normal" for ourselves and our families in a world that no longer includes our beloved children.

It is important for newly bereaved parents to know that they will experience a wide and often frightening variety of intense feelings after the death of our children.

It is also important for newly bereaved parents to understand and know that all of the feelings that you experience are very natural and normal under the circumstances.

Equally important for you to know and believe is that as much as you cannot possibly believe it, you will not always feel this powerful and all consuming grief.

But right now you must follow the instincts of your soul and allow your bodies and hearts to grieve. The grief resulting from your child's death can not be skirted over, around or under. You must go through it in order to come out on the other side.

Be gentle and patient with yourself and your family. Allow yourself to cry, to grieve, and to retell your children's story as often as needed and for as long as you need to.

Eventually, you will smile and find joy again. You will never forget your child; he or she will be with you in your heart and memories for as long as you live.

Some of the things you may experience or feel are:

- Depression.
- A profound longing and emptiness.
- Wanting to die. This feeling usually passes in time; for eventually you will realize that you must go on for the sake of remaining family members, yourself and your child who died.
- Profound sadness.
- Crying all the time or at unexpected times.
- Inability to concentrate on anything, frequently misplacing items.
- Wondering "Why???"
- Forgetfulness.

- Questioning yourself over and over: "IF only I had....?" "Why didn't I...?"
- Placing unnecessary guilt on yourself or others.
- Anger with yourself, family members, God, the doctor and even your child for dying.
- Fearing that you are going crazy! (very normal)
- Great physical exhaustion. Grief is hard work and consumes much energy!
- Difficulty sleeping or sleeping all the time to avoid the pain.
- Physical symptoms such as heaviness in your chest or having difficulty breathing (if these feelings persist see your physician) tightness in your throat, yawning, sighing, gasping or even hyperventilating.
- Lack of appetite or over eating.
- Weight gain or weight loss.
- Anxiety. (Often associated with overprotective behavior toward surviving children and other family members.)
- Denial of your loss, thinking that your child will return. (Denial can be effectively treated by spiritual leaders as well as psychologists. Seek help if your denial phase persists beyond a month.)
- Needing to tell and retell the story of your child's death.
- Inability to function in your job.
- Sensing your child's presence or an odor or touch associated with your child.
- Having difficulty grocery shopping because of seeing your child's favorite food(s) on the shelves.
- Irrationally upset with yourself if you smile or laugh, thinking how can I smile, my child is dead? (Your child will want your life to be as good and as happy as possible in spite of death's intervention.)
- Feelings as if your spouse or other family members don't understand your grief or are not grieving as you think they should. Remember everyone grieves differently.
- Losing old friends who don't seem to understand your pain and grief.
- Making new friends through support groups with members who have also experienced the death of a child and therefore understand your feelings.
- Feeling like you are making progress in your grief work, then slip back into the old feelings. Grief work usually is a succession of two steps forward and one step back over a long period of time.
- Becoming very frustrated with others who expect you to be "over this" in a month, six months or a year and who say so. Or even being frustrated with yourself for expecting to be "over this" too soon.
- Grief work from the death of your child is a slow process. Be patient with yourself.

Keep remembering that you are not the only one who has had these experiences. These experiences are all typical, natural and normal feelings for bereaved parents. You cannot ignore them: you must work through them. It will require even more time to feel better if you try to deny your feelings. There are no timetables for grief, each person must take as long as it takes for him or her to work through these feelings. **Bereaved Parents of the USA** believes the grieving process can be made a little easier for you by standing with you to listen to you, to share with you, to support you, to help you to understand your grief and to help you as you work through it. We have been where you are today. We have survived and are ready to help you.



Death of a Sibling : Issues for the Grieving Child

By Robin Fiorelli

When a sibling dies, the surviving child reacts both to the loss of his or her sibling and to the change in behavior and grief process of his or her parents. A sibling's grief response may be longer or shorter than the parents', and the sibling may have a different understanding of the death. Siblings often are asked numerous questions about their brother or sister's death by their peers and other adults. This can feel overwhelming to a child.

An ill child often receives more attention from parents than a well sibling. The surviving child often believes he or she will get more attention from the parents after the death of the sibling, and then he or she is disappointed when those expectations are not met. The surviving child also may grapple with identity and role issues after the loss. "Am I still a little brother?" "Who's going to take out the garbage now?"

Grieving parents sometimes are overprotective of the remaining siblings, concerned that they may die or become ill as well. Other parents place expectations or unreasonable demands on the remaining siblings to take on the responsibilities and roles or to have the attributes of the deceased sibling.

It is important that parents avoid being either overprotective or overpermissive with a grieving sibling—despite the temptation. Care should be taken not to make comparisons between the deceased child and the siblings, as it may lead to the surviving children feeling inadequate. Care also should be taken not to assign inappropriate responsibilities to a child that the deceased sibling used to have—especially responsibilities that are not developmentally appropriate.

For all these reasons, grieving siblings need a lot of reassurance from their parents that they are loved for who they are and that they will be cared for and supported. They need to be reminded that they did not cause their brother's or sister's death. They also should be encouraged to share memories and hold keepsakes of their deceased sibling and to participate in family rituals related to the deceased child.

Supporting a child through grief and bereavement

Even very young children feel the pain of bereavement, but they learn how to express their grief by watching the adults around them. After a loss – particularly of a sibling or parent – children need support, stability, and honesty. They may also need extra reassurance that they will be cared for and kept safe. As an adult, you can support children through the grieving process by demonstrating that it's okay to be sad and helping them make sense of the loss.

Answer any questions the child may have as truthfully as you can. Use very simple, honest, and concrete terms when explaining death to a child. Children, especially young children, may blame themselves for what happened and the truth helps them see they are not at fault.

Open communication will smooth the way for a child to express distressing feelings. Because children often express themselves through stories, games, and artwork, encourage this self-expression, and look for clues in those activities about how they are coping.

How to help a grieving child:

- *Allow your child, however young, to attend the funeral if he or she wants to.
- *Convey your spiritual values about life and death, or pray with your child.
- *Meet regularly as a family to find out how everyone is coping.
- *Help children find ways to symbolize and memorialize the deceased person.
- *Keep your child's daily routine as normal as possible.
- *Pay attention to the way a child plays; this can be one of a child's primary ways of communicating.

What not to do:

- *Don't force a child to publicly mourn if he or she doesn't want to.
- *Don't give false or confusing messages, like "Grandma is sleeping now."
- *Don't tell a child to stop crying because others might get upset.
- *Don't try to shield a child from the loss. Children pick up on much more than adults realize. Including them in the grieving process will help them adapt and heal.
- *Don't stifle your tears; By crying in front of your child, you send the message that it's okay for him or her to express feelings, too.
- *Don't turn your child into your personal confidante. Rely on another adult or a support

HELPGUIDE.ORG

5 STAGES OF GRIEF

There is no set timetable to grief, of course, and all of these staging models are meant solely to help you understand some of the commonly experienced emotions and changes you may encounter. The danger in any "staging" of grief is that it may give people a way to "buttonhole" you into a convenient little category, and predict how you should progress next. And grief just doesn't work that neatly.

The 5 stages of grief:

1. NUMBNESS & DENIAL-

The first reaction to a loss, numbness or shock can help cushion the blow and can help you get through the initial mourning rituals with the family and the funeral. This stage can last a few hours, days, or even a few weeks.

2. YEARNING & ANGER-

The numbness wears off, and the painful realization of the loss hits full-force; you will yearn deeply for your lost loved one. You may be angry and have regrets of things left unsaid or dreams never realized.

3. EMOTIONAL DESPAIR, SADNESS & WITHDRAWAL-

The storm of intense emotions of the second stage gives way to a period of heavy sadness, silence and withdrawal from family and friends.

4. REORGANIZATION-

Reorganization and the beginning of positive emotions- Over time, the sadness stage will start to lessen, and you will begin to see a lightening of your emotions. You will start to perceive your life in a more positive light, although bouts of grief and sadness will persist, probably for the rest of your life.

5. LETTING GO & MOVING ON-

The final phase of this model is to let go of your need for the lost loved one and to move on with your life. Sadness will lessen greatly, and new interests will gradually occupy your thoughts more and more, crowding out the misery and desolation. The final stage is when you "pull your life back together".

All of the grief models stress that you will never fully "get over" or forget your lost loved one. The grief process allows you to integrate the memory of your lost love into a more manageable place in your psyche and heart so that you can resume a more functional and bearable existence. The process works.

www.recover-from-grief.com

Seasons

The change of seasons is difficult. It reminds me that I must change if I am to live again. We can become stuck in our grief, full of self-pity and overwhelmed with pain. I do not believe our children would want us to live the rest of our lives in pain and misery. It is so easy to fall into the "black pit" and never have the strength or courage to crawl out – because crawl out we must... on our bellies.

We are different now, with different priorities and goals. We must find a new purpose for going on, and we must accept the changes in our lives – including ourselves, for we are different now. We cannot go backward, though there are times we yearn to. We must go forward. If we don't, we stay stuck at the point our world changed. I used to say "ended."

Change is difficult. To accept the loss of our child is the most difficult of all. Our comfort comes from believing that the love we share will go on for all eternity and that we will be reunited again – and each day brings us closer. We must learn to live again, love again, feel joy and peace again – or our survival will be without value to ourselves or others.

Renee Little
TCF, Fort Collins, CO

Yesterday, Today and Tomorrow

Yesterday

You were here and I took it for granted that you would always be here. Telling you I loved you and was proud of you seemed unimportant. There would be time for that when we were older – when we fought less and talked more.

Today

I know that time will never come, and I will never have the chance to say things face-to-face. So I write them and think them and hope you know I mean them now and have always felt them.

Tomorrow

Each day the pain and regrets of things left unsaid get easier to deal with. I have begun to realize that you knew how I felt because you felt the same way. And as more tomorrows turn into yesterdays, I will find peace in that knowledge. Someday, somewhere, we will meet again and I will have my chance then.

Shannon Odessa Stiener

TCF, Lowell, IN

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



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
Katey Blase, daughter of Gail Blase, sister of Hillary, 2/9
Jeffery Broxteman, son of Roger and Janet Broxteman, 2/10
Shawn Lampmann, son of Lynette & Bill Lampmann, 2/10 - 2/13
David Schaller, son of Raymond Schaller, 2/12
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
Rachel Watts, daughter of Joe & Danielle Watts, 2/18
John Inscho, son-in-law of Peggy Daggitt & brother-in-law of Diane Anderson, 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
Joey Siedlecki, son of Joe & Monica Siedlecki, 2/26
Matt Cardinal, son of Lynn Cardinal and brother of Mike, 2/28
Sullivan Burd, son of Glenn & Jessica Burd, 2/28

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 Kunienga-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
Brittani James, daughter of Christine & Jack James, grand daughter of Nancy James, 2/15
Benjamin Martin, son of Sherri & Bob Albro, 2/16
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
David Grebe, brother of Sue Grebe, 2/24
David Cassel, brother of Carol Lamonte, 2/24
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



*** UPCOMING MEETING ANNOUNCEMENTS ***

February 12, 2013 -- 7:30 PM -regular support meeting

February 26, 2013 -- 7PM steering meeting - Quakertown Family Diner

March 12, 2013 -- 7:30 PM - regular support meeting

June 8, 2013 -- Memorial Walk and Butterfly Release - watch for more information in coming months

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, February 12, 2013

February 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