



Quakertown Chapter

servicing Upper Bucks and Montgomery Counties

The Compassionate Friends National Office

877-969-0010

www.compassionatefriends.org

Eastern PA Regional Coordinators

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January 2013 newsletter

The Compassionate Friends

Quakertown Chapter

PO Box 1013

Quakertown PA 18951

Chapter Info line: 215-536-0173

Chapter email:

tcquakertownchapter@verizon.net

website: www.tcquakertownpa.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, January 8, 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

tcquakertownchapter@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 - 5 week program starts Mid-September

Greenshore 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 Brian Doyle for providing our December refreshments. He does this in remembrance of his daughter, Ashley.

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.

Craig and Anne Landis, In Loving Memory of their son, Marc D Landis, January 4 - November 19

Sharon Kronmiller, In Loving Memory of her brother, Joe Bello, November 24 - May 21

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

Brian Doyle and family, In Loving Memory of his daughter, Ashley Doyle, December 8 - June 29

Gloria Bello. In Loving Memory of her son, Joe Bello, November 24 - May 21

Crystal Hunter, In Loving Memory of her brother, Justin Hunter, March 31 - September 1

John and Anita Bardsley, In Loving Memory of their daughter, Katie Leck, July 20 - May 22

We love & miss you. Love, Mom, Dad, & John Jr

Anonymous donors at candle lighting, In Loving Memory of their children, siblings, and loved ones

Darlene and Steve Dusza, Jenn Geib and family, In Loving Memory of their daughter/sister/aunt, Michelle Dena Dusza, June 7 - October 6

Missing you and loving you every day...Love, Mom, Dad, Jenn and family



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.

Worshop with Elizabeth Herrington

Date: January 27, 2013

Where: St. Luke's Quakertown Hospital, Taylor Conference Rooms A & B

Time: 2 - 5 PM

Cost: \$40 Checks made payable to Elizabeth Herrington.

Register and mail payment to:

Compassionate Friends-Quakertown Chapter

PO Box 1013

Quakertown PA 18951

Limited to 40 people.

First 40 people who register and are paid in full will be able to attend.

Email: tcfquakertownchapter@verizon.net OR Call

215-536-0173 to find out if there still is room available.

Workshop will cover meditation exercises and afterlife communications and much more. We will have a break during the workshop also.



A Solitary Journey

Grief is a solitary journey. No one but you knows the gaping hole left in your life when someone you know has died. And no one but you can mourn the silence that was once filled with laughter and song.

It is the nature of love and of death to touch every person in a totally unique way. Comfort comes from knowing that other people have made the same journey and solace comes from understanding how others have learned to sing again.

- Helen Steiner Rice

Memories ...

A New Normal

I wanted my life to return to normal.

Then I realized what I wanted was for my life to return to what it once was.

A year ago I found hope one night when I heard my wife and
my youngest son laughing in our bedroom.

I thought my life was returning to normal.

I played cards with our youngest son after supper, with much fun and laughter.

After a few cartoons, he and my wife were off to bed.

It was then that I realized that my life was not returning to the normal that it was

when Greg was alive,

but changing to a new normal.

I cannot expect to return to what I once was,

because there are parts no longer there.

I have the choice, consciously and subconsciously to carry on with my life,

thus creating a new normal.

Hope lies in accepting what you now have,

Looking with joy, not sorrow,

looking ahead with optimism not pessimism.

-Daryl Hutson, Gregory Hutson's Father

Grief is not a mountain to be climbed,

With the strong reaching the summit long before the weak.

Grief is not an athletic event, with stopwatches timing our process.

Grief is a walk through loss and pain with no competitions and no time trials.

From Marion County, Ocala, Florida Magazine; Bereaved Parents of the USA.

Memories are a
legacy
of hope and courage,
Left to help us go on
when the giver is
gone.

- Sascha



Snowflake

We are each of us a snowflake

No two of us the same

Reflections of the endless loving

Source from which we came

Unique in form and beauty

Crystallized at birth

Little flecks of Heaven

Born to melt into the earth.

We are each of us a snowflake

Of infinite design

Transitory dancers

On the window panes of time

Unique in form and beauty

No two of us the same

Reflections of the endless loving

Source from which we came.

We are each of us a snowflake

A falling star, in flight

A traveler through the

Universe

In search of our own light

Unique in form and beauty

No two of one design

Transitory dancers

On the window panes of time.

~ Barbara Meislin

Lovingly lifted from

TCF/North Shore Chapter, BC

The Only Child

Words are so small.

Words are too commonplace.

How do I speak

the meaning of that face?

Face of my child,

face of my child who died,

light of my world,

stay shining at my side.

Sascha

The New Year Can Bring Hope;

Even in Grief

With the holidays behind us, people are ringing in the New Year. For many, the New Year brings a focus on new directions and a sense of renewal. However, when we are grieving the loss of someone close to us, we often lose that focus. Instead, we sometimes dread the coming year, thinking only of the things we miss. We focus on all that we've lost and may even avoid the festivities of the New Year.

However, the New Year can bring hope, even for those who are grieving. As you read this, you may be saying to yourself, "Hope, hah, not me!" "What is there to hope for, I've lost so much?" When we are amidst the darkness of grief, we oftentimes can't even see the possibility of hope. Please keep reading....you just might be surprised!

There is hope. Hope for a future that can include light not just darkness, smiles along with tears, and days that make your heart ache less. Hope is more than a simple feeling or thought; it is a process of the heart. As you experience your grief, and begin to re-connect with your heart, hope is waiting to show you new possibilities and triumph over the downward spiral of the loneliness and pain of grief.

"Hope is a state of mind, not of the world. Hope, in this deep and powerful sense, is not the same as joy that things are going well, or willingness to invest in enterprises that are obviously heading for success, but rather an ability to work for something because it is good." In our very own hearts, we know that it is good to enjoy life, yet sometimes grief seems to overpower our ability to enjoy it. So, as the New Year begins, perhaps we can focus more on working toward enjoying the living, because it is good. We can enjoy those little things in daily living, while still remembering those who are no longer here with us to face each new day. We can use the love we shared with them to grow in hope for a time when the weight of grief is lessened, and the light of the new day is brighter.

All of us at Niagara Hospice wish for you a New Year that brings hope - hope for a year of strength, comfort and peace that fills your heart. We are here to help you find the light, the smiles, and to offer you hope.

- Christella Gress, PhD

Bridges newsletter-Niagara Hospice



Native American Prayer

I give you this one thought to keep -

I am with you still - I do not sleep.

I am a thousand winds that blow,

I am the diamond glints on snow,

I am the sunlight on ripened grain,

I am the gentle autumn rain.

When you awaken in the morning's hush,

I am the sweet uplifting rush,

of quiet birds in circled flight.

I am the soft starts that shine at night.

Do not think of me as gone -

I am with you still in each new dawn.

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

DEALING WITH YOUR GRIEF

For those of us who are newly bereaved, discussion of this topic may give some guidance and encouragement, as we discover that there is something we can do to help alleviate the devastating pain of the loss of our child. For those of us who have already been down that path and continue to do our "grief work", our discussion may provide new avenues of self help. By our sharing, we reach others who will recognize our expressed experiences as their own, and come to know that we understand as perhaps few others can, that we have survived and that they can survive and go on with their lives, not in the same way, but in a measure of peace and serenity.

We have suffered a shock and pain unknown to others and unthinkable to us before the loss of our child. Both our physical and mental beings have been severely affected. There is no abracadabra that will remove the pain and confusion, but the effects can be lessened and softened by some steps which give us something to do about something which nothing can be done.

Physical Needs and How to Meet Them --

1. Eat right. Try to include fresh vegetables, fruit and nourishing food. Some find it helps to eat small meals.
2. Get sufficient sleep and rest - this varies with the individual. For now, you may need to avoid responsibilities and activities that you took care of for others without a second thought. Let someone else do it this year and let them know that you may be able to assume this responsibility again later.
3. Exercise regularly. Some of us walk at the University Mall and at the County High track. Spa workouts are helpful.
4. Find a doctor who recognizes the special problems of grief. This may be difficult as we understand that grief is not emphasized greatly in training of doctors.
5. DECREASE alcohol and medication consumption.

Mental Needs of Bereaved Parents - What You Can Do

1. Be nice to yourself. Learn what your capabilities are at this time and don't expect too much of yourself too soon. You be the judge of what to do. Don't let others impose their "shoulds", "ought to" and "guilts" on you.
2. Include some time with others as you can. try not to seclude yourself. Try to make the effort to keep in touch with people who make you feel better, not worse.
3. Seek professional help if necessary, but be sure to check out the credentials of the counselor, especially regarding training in the area of grief.
4. If married, don't expect too much of your spouse. He or she may not be able to give at this time - you are in the same river of grief, but are in two different canoes. Make allowances of each other - don't be judgmental.

5. Learn to express your anger in constructive ways, such as - writing it down, talking it over with a close friend or a Compassionate Friend, be physically active, attend as many meetings of The Compassionate Friends as you can. Please remember, you may experience emotional hangover after a meeting and know that this, too, is a part of our healing and grief work and another step on our road to recovery.

Jackie Thomson / Tuscaloosa TCF

New Year

It has a different number. Days have gone by.

We've accumulated more time between ourselves and our child's death.

We may have rearranged our perspective - have different ideas about what is important and what hardly matters.

In this new year, we know that there will be ups and downs; some good moments and some bad.

And if we take just one moment, just one hour, just one step at a time -

Together we can make it

Joan Schmidt, TCF - Central Jersey



A LOVE SONG

The mention of my child's name

May bring tears to my eyes.

But it never fails to bring

Music to my ears.

If you are really my friend

Please don't keep me

From hearing the beautiful music.

It soothes my broken heart

And fills my soul with LOVE.

Nancy Williams

TCF/Central Jersey

HOPE

I am here to offer you hope
How can I give this to people who come here
with no hope?
People whose hope dies with their children
Look at us -- we who have come here before you
Just as those who came before us
They set the example -- and led the way
They said to us, as we say to you
“We are no different than you”
We have no special abilities -- no magical powers
We too are in pain and vulnerable
There was a time when we listened
And never believed we could do
What we now know we are capable of doing
We said to ourselves -- if they can do it, we can try
For we don't want to live like this forever
So we took one day at a time
We dug in with our fingertips
We pulled ourselves up each day
We endured the pain and the disbelief and
All the other things that come with this legacy of death
We survived (survival is the first goal)
We held onto what we did have
Each other -- family - friends
Surprisingly we persevered
Somehow -- almost unnoticed at first
We were able to reach out to others
We were able to say and do
What we never thought we would again
We had become believers
The pain is not gone
We truly are forever changed and different people
Our world is different not -- our children live
in other ways
But something happened with time and hard work --
And our “Friends”
We can now laugh, feel happiness even occasional joy
We now know that pain can wound us --
but not destroy us
We have experienced trial and error
Gained more knowledge of ourselves as bereaved parents
We now have expectations of pain -- but also
Expectations of happiness

For us this is not a contradiction -- it is a reality

We have come to a place
Where we can rise each day and face the pain
Knowing that we can look ahead with
anticipation
for the good things to come

THAT - IS HOPE

We have turned a corner
On the most difficult journey of our lives
There are still many obstacles ahead
But we now know we cannot only survive
We can endure and overcome as well
We have paid a terrible price
But we are stronger and wiser than we have
ever been
And most of all - **WE HAVE EACH OTHER**
We know that there are those of you
Who cannot relate to these words
(We too could not relate when we were
where you are now)
We ask you to say -- “If they can do it,
we can try”

What we offer you is Our hope
As the days turn into weeks
and the weeks into months
and the months into years
Our hope will become yours as well -- that
Someday you will echo these words
and pass them onto others

WE ARE HERE FOR YOU

AND TOGETHER WE WILL GO ON

Survival + Hard Work = **HOPE**

Moe Beres, Chapter Leader, TCF Babylon NY

Let It
SNOW



Our Beloved Children...In our Hearts always...

Remembered on the Remembrance Day of their death

OUR CHILDREN REMEMBERED FOR JANUARY

Birthdays and Always

- Pamela Minnichbach**, daughter of Paul & Dolly Cell, 1/1
- Bobby Rolph**, son of Judy and Bob Rolph, 1/3
- Marc Landis**, son of Anne and Craig Landis, 1/4
- Anthony Bonino**, son of Robert and Susan Bonino, 1/5
- Lisa Kuniega-Lewis**, daughter of Arlene and Alan Vogel, 1/5
- Christopher Accardi**, son of Anthony and MaryEllen Accardi, 1/9
- Peter Graham**, son of Carol and Albert Graham, 1/10 - anniv 1/19
- Ryan Mitman**, son of Victoria dn James Weisbrod, 1/10
- Sean Ryer**, son of Pat Ryer, grandson of Diana Adams, 1/11
- Deborah Hornberger**, daughter of Eleanor Morrow, sister of Doreen Bell, 1/12
- Chris Inscho**, daughter of Peggy Daggitt, sister of Diane Anderson, 1/12
- Jason Pini**, brother of Jennifer Emberger, 1/13
- Greggory Hallman**, nephew of Mary Pat Hallman, 1/13
- Geneva Doll**, daughter of Keith and Barbara Doll, 1/14
- Cynthia Benge**, daughter of Robert and Cheryl Benge, 1/18
- Karen Graham**, daughter of John and Barbara Graham, 1/19
- Stormy Weaver**, infant daughter of Nathan and Amber Weaver, 1/20
- Nick**, nephew of Bev Pearson, 1/23
- Allison Reboratti**, daughter of Barbara and Eduardo Reboratti, sister of Ashley and Elliot, 1/25
- Megan Eschenburg**, daughter of Gary and Peggy Eschenburg, 1/27
- Ross VanHouten**, son of Brenda VanHouten, 1/27
- Karen Salmanson**, daughter of Betty and Fred Schwenk, sister of Melissa Weinstein, 1/28 - anniv 1/11
- Matthew Lincul**, son of Linda and Ed Lincul, 1/29/82
- Marsha Chai Lambert**, daughter of Matha and ChinLing Chai, sister of Monica, 1/29

- Lisette Martin**, granddaughter of Nelson & Evelyn Martin, 1/1
- Joey Oglialoro**, son of Mike and Becky Oglialoro, grandson of Rose and Joe Oglialoro and Gary and Vickie Shoudt, 1/2
- Joseph Harper**, son of Chris and Janeen Harper, grandson of Rosemarie and Francis Salamone, 1/2
- Jessica Roth**, daughter of Wilbur and Carol Roth, 1/5
- Eric Santayana**, son of Debi and Walt Schimpf, 1/5
- Philip Gold**, son of Alan and Frances Gold, 1/5
- SPC Shane Smith**, son of Dennis and Kelly Smith, 1/7
- Stephen Stalheim**, son of Barbara and Gabriel Mertens, brother to Daniel and Peter Stalheim, 1/9
- Anthony DelConte**, son of John and Marie DelConte Jr., brother of Dana Turock, 1/9
- Shirley Lange**, daughter of Shirley McGuigan, 1/9
- Eric Gorman**, son of Butch and Marianne Gorman Jr, Brother of Patrick Gorman 1/10
- Brett Stebulis**, son of Barbara and Leonard Stebulis, 1/13
- Ken Trauger**, brother of Donna Gibson and Jim Trauger, 1/15
- David Roscilo**, son of Barbara Frojan, 1/16
- Curtis Anthony**, son of Paul Anthony and Donna Kapper, grandson of Charlie and Nancy Kapper, 1/18
- K. Scott Frey**, son of Ken and Roberta Frey, 1/20
- Clayton Sitko**, son of Henry and Theresa Sitko, brother of Mandy, 1/20
- Robert Toft Jr**, son of Robert and Joy Toft, 1/21
- Margaret Welhaf**, sister of George Blood Jr, 1/21
- Eric Martin**, son of Daniel Martin, brother of Mikaela Martin, 1/22
- Matthew DiNicola**, son of Ron and Myra DiNicola, 1/23
- Michael Macko**, brother of Mary Anne Macko, 1/23
- Jacob Jones**, son of Elaine and Paul Barndt, 1/23
- William Ingelido Jr**, son of Roseann Smiley and William Ingelido Sr., 1/23
- Susan MacNamee**, daughter of Ruth MacNanee, sister of Edward MacNanee Jr, 1/23
- Nathan Radosky**, son of Dean Radosky and Tammy Madison, grandson of Sandra and Warren Madison, 1/25
- Julie Hartwich**, daughter of Donna and Dave Hartwich, 1/27
- Hector Valle**, son of Hector Valle, 1/27
- Sean Lally**, son of Francis and Christine Lally, 1/30
- Kristin Statuti**, daughter of Henry and Maryann Statuti, Shirley and Henry Statuti- 1/31
- Stephen Lees**, son of Gregory Lees and grandson of Tom and Lenora Lees, 1/31



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

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

January 8, 2013 -- 7:30 PM -regular support meeting

January 22, 2013 -- 7PM steering meeting - Quakertown Family Diner

January 27, 2013 -- workshop with Elizabeth Herrington- more info in newsletter with cost of workshop

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

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, January 8, 2013

January 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