



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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July 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, July 9, 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

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, 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

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 Darlene Dusza, MaryAnne Macko, and Linda Ervin for providing our June refreshments. They do this in remembrance of their children, Michelle (Darlene), Cris and Matt (MaryAnne), and Crystal (Linda)..

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.

Jeanne Hofmann, In Loving Memory of her son, Scott Silver, July 13 - July 17

Carol Newell, In Loving Memory of her son, Scott Newell, February 16 - April 28

Forever in our Hearts



Mrs. Lillian Hafich, on behalf of Emergency Systems Service Company, In loving memory of Christopher James Trauger March 27 - June 27 and Matthew Paul Trauger, June 2 - May 23

Mary Anne Macko, Mike Hamilton and Josh & Jake, In Loving Memory of sons ./ brothers, Christopher J Trauger, March 27 - June 27 and Matthew P Trauger, June 2 - May 23

Still Loved & remembered every day.

Robert and Jacqueline Daniel, In Loving Memory of their daughter, Melinda Daniel, November 16 - July 17

Hey you... We miss you everyday of our lives, Love you Dad, Jacqueline & Jonathan

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 its 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

Do Not Stand At My Grave And Weep

Do not stand at my grave and weep,

I am not there, I do not sleep.

I am a thousand winds that blow.

I am the diamond glint on snow.

I am the sunlight on ripened grain.

I am the gentle autumn rain.

When you wake in the morning hush,

I am the swift, uplifting rush

Of quiet birds in circling flight.

I am the soft starlight at night.

Do not stand at my grave and weep.

I am not there, I do not sleep.

Do not stand at my grave and cry.

I am not there, I did not die!

Mary Frye (1932)

Memories ...



*In Loving Memory of
Scott D Silver
July 13 - July 17*

It's been two years now since you left this earth,
But everyday I learn more about what you are worth.
As you always were and always will be,
Forever in my heart has a new meaning for me.
My grief has left me with nothing to say,
Except that I think about you everyday.

Miss you very much
See you in Heaven
Love, Mom

submitted by: Jeanne Hofmann
TCF Quakertown PA



So go and run free

So go and run free with the angels
Dance around the golden clouds
For the lord has chosen you to be with him
And we should feel nothing but proud
Although he has taken you from us
And our pain a lifetime will last
Your memory will never escape us
But make us glad for the time we did have
Your face will always be hidden
Deep inside our hearts
Each precious moment you gave us
Shall never, ever depart
So go and run free with the angels
As they sing so tenderly
And please be sure to tell them
To take good care of you for me

Author unknown.



*In Loving Memory of my sons
Christopher Trauger
March 21 - June 27
and
Matthew Trauger
June 2 - May 23*

“We are all faced with a series of great opportunities
brilliantly disguised as impossible situations.”

- Charles R. Swindoll

“The longer I live, the more I realize the impact of attitude
on life. Attitude, to me, is more important than facts. It is
more important than the past, the education, the money, than
circumstances, than failure, than successes, than what other
people think or say or do. It is more important than
appearance, giftedness or skill. It will make or break a
company... a church... a home. The remarkable thing is we
have a choice everyday regarding the attitude we will
embrace for that day. We cannot change our past... we cannot
change the fact that people will act in a certain way. We
cannot change the inevitable. The only thing we can do is
play on the one string we have, and that is our attitude. I am
convinced that life is 10% what happens to me and 90% of
how I react to it. And so it is with you... we are in charge of
our Attitudes.”

- Charles R. Swindoll

submitted by: Mary Anne Macko
TCF Quakertown PA

Coping with grief and loss : Get support

The single most important factor in healing from loss is having the support of other people. Even if you aren't comfortable talking about your feelings under normal circumstances, it's important to express them when you're grieving. Sharing your loss makes the burden of grief easier to carry. Wherever the support comes from, accept it and do not grieve alone. Connecting to others will help you heal.

Finding support after a loss

Turn to friends and family members – Now is the time to lean on the people who care about you, even if you take pride in being strong and self-sufficient. Draw loved ones close, rather than avoiding them, and accept the assistance that's offered. Oftentimes, people want to help but don't know how, so tell them what you need – whether it's a shoulder to cry on or help with funeral arrangements.

Draw comfort from your faith – If you follow a religious tradition, embrace the comfort its mourning rituals can provide. Spiritual activities that are meaningful to you – such as praying, meditating, or going to church – can offer solace. If you're questioning your faith in the wake of the loss, talk to a clergy member or others in your religious community.

Join a support group – Grief can feel very lonely, even when you have loved ones around. Sharing your sorrow with others who have experienced similar losses can help. To find a bereavement support group in your area, contact local hospitals, hospices, funeral homes, and counseling centers.

Talk to a therapist or grief counselor – If your grief feels like too much to bear, call a mental health professional with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving.

Coping with grief and loss: Take care of yourself

When you're grieving, it's more important than ever to take care of yourself. The stress of a major loss can quickly deplete your energy and emotional reserves. Looking after your physical and emotional needs will help you get through this difficult time.

Face your feelings. You can try to suppress your grief, but you can't avoid it forever. In order to heal, you have to acknowledge the pain. Trying to avoid feelings of sadness and loss only prolongs the grieving process. Unresolved grief can also lead to complications such as depression, anxiety, substance abuse, and health problems.

Express your feelings in a tangible or creative way. Write about your loss in a journal. If you've lost a loved one, write a letter saying the things you never got to say; make a scrapbook or photo album celebrating the person's life; or get involved in a cause or organization that was important to him or her.

Look after your physical health. The mind and body are connected. When you feel good physically, you'll also feel better emotionally. Combat stress and fatigue by getting enough sleep, eating right, and

exercising. Don't use alcohol or drugs to numb the pain of grief or lift your mood artificially.

Don't let anyone tell you how to feel, and don't tell yourself how to feel either. Your grief is your own, and no one else can tell you when it's time to "move on" or "get over it." Let yourself feel whatever you feel without embarrassment or judgment. It's okay to be angry, to yell at the heavens, to cry or not to cry. It's also okay to laugh, to find moments of joy, and to let go when you're ready.

Plan ahead for grief "triggers." Anniversaries, holidays, and milestones can reawaken memories and feelings. Be prepared for an emotional wallop, and know that it's completely normal. If you're sharing a holiday or lifecycle event with other relatives, talk to them ahead of time about their expectations and agree on strategies to honor the person you loved.

When grief doesn't go away

It's normal to feel sad, numb, or angry following a loss. But as time passes, these emotions should become less intense as you accept the loss and start to move forward. If you aren't feeling better over time, or your grief is getting worse, it may be a sign that your grief has developed into a more serious problem, such as complicated grief or major depression.

The sadness of losing someone you love never goes away completely, but it shouldn't remain center stage. If the pain of the loss is so constant and severe that it keeps you from resuming your life, you may be suffering from a condition known as complicated grief. Complicated grief is like being stuck in an intense state of mourning. You may have trouble accepting the death long after it has occurred or be so preoccupied with the person who died that it disrupts your daily routine and undermines your other relationships.

Symptoms of complicated grief include:

- Intense longing and yearning for the deceased
- Intrusive thoughts or images of your loved one
- Denial of the death or sense of disbelief
- Imagining that your loved one is alive
- Searching for the person in familiar places
- Avoiding things that remind you of your loved one
- Extreme anger or bitterness over the loss
- Feeling that life is empty or meaningless

The five stages of grief:

Denial: "This can't be happening to me."

Anger: "Why is this happening? Who is to blame?"

Bargaining: "Make this not happen, and in return I will ____."

Depression: "I'm too sad to do anything."

Acceptance: "I'm at peace with what happened."

10 Ways to Help Parents With Grieving Hearts

How to help friends or family when they lose a child.

by Ruth Stoecker

On December 4, 1999, my oldest son, Jaden, died in an automobile accident. He was 22.

I felt like I had been slammed into a brick wall. More than a decade later, I can now say that God can turn any situation to good.

In the years since Jaden died, I have come into contact with a multitude of grieving parents. Many tell wonderful stories of how friends and family supported them. But others share sad and painful experiences of people dropping out of their lives, just because they didn't know how to respond to their loss.

Today it gives me joy to help others be there for those who lose a loved one. The following are 10 ways that could help you comfort a parent with a grieving heart:

1. Be there. One mom put it so well. She said, "It's not the words you spoke; it's the tear you left on my cheek." Commit to walk with me through the valley no matter how long it takes. It may take awhile. Statistics show that a parent is considered newly bereaved for five years. I may tell you I want to be alone. Yes, you should honor that. But know that I don't mean forever, just maybe right now. What I really want is for you to be there.

2. Pray for me. Don't stop, although I may even tell you to. My faith has been shaken and I feel as though I have been betrayed. I question how God could have allowed this to happen. I may even be angry with Him for a time. I need your prayers. I am too wounded and weak to pray for myself.

3. Don't expect very much from me, especially those first few months. It is a challenge for me to get out of bed and on a good day I might remember to brush my teeth. Even though my world has stopped, life continues. I have to cook, clean, take care of my remaining family, and often go back to work. Help me. Bring over a meal. Take my children to the park or to a movie. Do my laundry. Run to the grocery store for me. Don't wait until I ask you; I probably won't.

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.

4. Remember special events?not just that first year, but every year. I will always be a mother who misses her child. Transfer those dates from one calendar to the next and send a card, drop a note, make a phone call. Be there!

5. Don't offer advice or give me clichés. I don't need a sermon on how best to grieve. Don't offer me clichés such as, "Time heals all wounds," "He's in a better place," or, "It was God's will." Don't assume that you know how I feel. Even other bereaved parents don't truly know my grief. We are each unique, so don't lecture me. Just walk with me and be there.

6. Say the name of my child. I love to hear it! Remember a story about him and share it with me. Let me talk about him; don't change the subject. I may tell you the same things over and over and over, but please just be there.

7. Accept that I am different now. I will never be the person I was before. A mom told me the other day that she was watching old videos and as she saw herself laughing and having fun with her daughter, she missed her. She also said, "I missed me." We have lost our innocence. We have lost a portion of ourselves, and we are different now.

8. Don't judge me. I may wear a T-shirt with his picture and visit his grave every day, sometimes twice a day. It may make you uncomfortable if my office cubicle looks like a shrine to the one I lost. Please give me some time.

9. Visit the cemetery. And when you do, leave a note, a flower, or maybe just tell me that you stopped by his grave. It means so much.

10. Watch for the signs. Be alert to behavior that may be dangerous. There are those who cannot move beyond their pain; encourage them to talk to someone in the professional field. Search out a support group for them, and offer to go to it with them.

www.familylife.com

Grief can be a roller coaster

Instead of a series of stages, we might also think of the grieving process as a roller coaster, full of ups and downs, highs and lows. Like many roller coasters, the ride tends to be rougher in the beginning, the lows may be deeper and longer. The difficult periods should become less intense and shorter as time goes by, but it takes time to work through a loss. Even years after a loss, especially at special events such as a family wedding or the birth of a child, we may still experience a strong sense of grief.

Source: Hospice Foundation of America

Names

Our names mark our presence on the planet. They give credence to the reality of our existence. One of the great joys of becoming a parent is that we get to select the name for our child. We know that these little ones will be identified by their names all through their lives—and after they have died.

When I look at the *Our Children Remembered* pages each month, I often think about the children, how dearly they were wanted, how carefully they were named. I can imagine the discussions about the names, the choices, the final decision. Then the welcoming of the baby into the world. I am touched by the words of parents who write so movingly about their children, wanting so much to hear their beautiful names. Our fear is that these beloved names will be silenced and forgotten.

My parents' first child, a nine pound boy, died at birth. My mother decided not to name him; she wanted to save the name for a hoped-for future son. (My dad left the decision to her.) The baby was buried in an unmarked grave in a family cemetery. I have wondered, in the years since my own son died, if not naming the baby was an effort to stem the horrible pain of his death. My parents told my brother and me about the first baby, but, like most people of their generation, they did not discuss their feelings about his death.

The baby was present in our family, however, even though unnamed. For years in my childhood, I daydreamed about my older brother and what my life would have been like had he lived. It felt odd that he had no name. I made up names for him, gave him adventures, let him be a hero in my life. He may have been unnamed, he may never have breathed, but he influenced my life.

I think my mother erred in refusing to name the baby. I have the deepest respect and understanding of her decision and her pain, and I think much of it was due to her shock at the baby's death and the tenor of society those long years ago. But, oh! how important are our children's names. They are our songs, our music. We love their names; we love the souls who bear those names. We meet a baby with our child's name, and we feel connected. We compare spellings. We look at their hair, their coloring, their wonderful eyes. We remember...

Kitty Reeve

TCF, Marin and San Francisco, CA



The difference between grief and depression

Distinguishing between grief and clinical depression isn't always easy as they share many symptoms, but there are ways to tell the difference. Remember, grief can be a roller coaster. It involves a wide variety of emotions and a mix of good and bad days. Even when you're in the middle of the grieving process, you will have moments of pleasure or happiness. With depression, on the other hand, the feelings of emptiness and despair are constant.

Other symptoms that suggest depression, not just grief:

- *Intense, pervasive sense of guilt
- *Thoughts of suicide or a preoccupation with dying
- *Feelings of hopelessness or worthlessness
- *Slow speech and body movements
- *Inability to function at work, home, and/or school
- *Seeing or hearing things that aren't there

When to seek professional help for grief

If you recognize any of the above symptoms of complicated grief or clinical depression, talk to a mental health professional right away. Left untreated, complicated grief and depression can lead to significant emotional damage, life-threatening health problems, and even suicide. But treatment can help you get better.

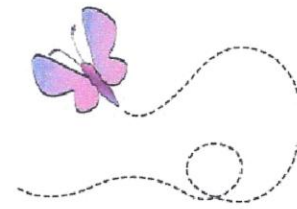
Contact a grief counselor or professional therapist if you:

- *Feel like life isn't worth living
- *Wish you had died with your loved one
- *Blame yourself for the loss or for failing to prevent it
- *Feel numb and disconnected from others for more than a few weeks
- *Are having difficulty trusting others since your loss
- *Are unable to perform your normal daily activities

Everyone grieves differently

Grieving is a personal and highly individual experience. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and the nature of the loss. The grieving process takes time. Healing happens gradually; it can't be forced or hurried – and there is no “normal” timetable for grieving. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever your grief experience, it's important to be patient with yourself and allow the process to naturally unfold.

www.helpguide.org



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

OUR CHILDREN REMEMBERED FOR JULY

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

- Jonathan Waters**, son of Melissa & Russell Waters, grandson of Amy & Russell Waters 7/1 -7/10
- Shane Bowen**, son of Agnes and Robert Bowen, 7/3
- Ryan McMullen**, son of Kathleen & John McMullen, 7/6
- Michael Saks**, son of Joseph Saks, 7/6
- Jarrod Norland**, son of Craig and Lisa Norland, 7/7
- Michele Lyn Murray**, infant daughter of Amy & Kevin Murray, 7/9-7/9
- Scott Silver**, son of Jeanne Hofmann, 7/13 - 7/17
- Matt Barber**, Noel and Tim Barber, 7/16
- Dan Slaughter**, son of Lori Slaughter, 7/17
- Brian Manuell**, son of Virginia Leigh-Manuell, 7/18
- Katie Leck**, daughter of John and Anita Bardsley, 7/20
- Thomas Hamilton**, brother of Jessica Green and Fran Hamilton, 7/20
- Lisa Koletty**, daughter of Barbara and Dietrich Koletty, 7/24
- Joey Discher**, son of Marti Discher, brother of Wendi Park, 7/25
- Gregory Teufel**, son of Renee and late Mark Teufel, 7/28
- Adam Sautner**, son of Bonnie & Alfred Sautner Jr, 7/28
- Jason Orlick**, son of Teri Orlick, 7/29
- Donald Dolan Jr**, son of Don & Tina Dolan, 7/29
- Jean Marie Moyer**, daughter of Joe Siedlecki & Monica Siedlecki, 7/30
- Brad Godshall**, son of Robert Godshall, 7/31

- Matthew Hoffa**, son of Dennis & Marcia Hoffa, 7/1
- K. Michael Humlhanz**, son of MaryLou Humlhanz, 7/1
- Brandon Leathers**, son of Jim Leathers, 7/4
- Andy Walnes**, daughter of Kim Walnes, 7/4
- Lisa O'Connell**, daughter of Joseph and Luellen Jablonski, sister of Sheri and Tom Snedeker, 7/4
- Rachel Watts**, daughter of Joseph and Danielle Watts, 7/4
- Calli Mae Derstine**, daughter of Lucy & Mike Derstine, 7/4
- Adam Graham**, son of Albert and Carol Graham, 7/5
- Derek Brown**, son of Matthew Brown, grandson of Jack & Lillian Staiger 7/5
- William Hannon III**, son of William and Sandra Hannon Jr, 7/7
- Steven Ketterer**, son of Steven and Gail Ketterer, 7/9
- Jonathan Parker**, son of Susan Parker, 7/9
- Willa Clementine Hunt**, daughter of Heather and Colin Hunt, 7/9
- Joey Siedlecki**, son of Joe Siedlecki & Monica Siedlecki, 7/9
- Earl Colella III**, son of Jaynee & Earl Colella, 7/10
- Brian Piscitelli**, son of Peter Piscitelli, 7/10
- Mike Hicks**, brother of Kathy Kicks, 7/15
- Tricia Uriarte**, daughter of Herb & Bonita Nicolo, 7/16
- Melinda Daniel**, daughter of Bob and Jacqueline Daniel, 7/17
- Christain Carrion**, son of Ahmed & Maybeth Carrion, 7/18
- James Reilly**, brother of Maureen Elliott & Michele Finegan, 7/18
- Colby Matador Swartley**, son of Jan Swartley, 7/18
- Kathleen Ryan**, daughter of Jane Pontes, 7/19
- Jana Lee Snedeker**, daughter of Dave Snedeker, 7/20
- Michael Fayewicz**, brother of Sandra Ligowski, 7/21
- Bobby Rolph**, son of Judy & Bob Rolph, 7/22
- Richard Murphy II**, soon of Richard Murphy, 7/22
- Donald Vincente**, son of Donald & Christine Vincente, 7/22
- Eric Stillings**, son of Kirt and Joyce Stillings, grandson of John and Miriam Myers, 7/24
- Kevin Malloy**, son of Mary Lou and Brad Wiley, 7/26
- James Ryer**, son of Diana Adams, brother of Pat Ryer, 7/28
- Eric Gotwals**, son of Gary and Anne Gotwals, 7/28
- Mark Teufel**, brother of Helene Teufel, 7/29
- Chris & John Inscho**, daughter & son-in-law of Peggy Daggit, sibling/brother-in-law of Diane Anderson, 7/30



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

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

July 9, 2013 -- 7:30 PM - general support group meeting

July 23, 2013 -- 7 PM -steering meeting at Quakertown Family Diner

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

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, July 9, 2013

July 2013 newsletter

4TH
Of July



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