



Quakertown Chapter

servicing Upper Bucks and Montgomery Counties

The Compassionate Friends National Office
877-969-0010

www.compassionatefriends.org
Eastern PA Regional Coordinators
Bobbie Milne mcfly423@aol.com
Ann Walsh tfeastrc@yahoo.com



November 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, November 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
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
Ginny Leigh-Manuell Jennifer Emberger

Hospitality Committee

Carol Graham
Mary Anne Macko

Committee Members

Linda Stauffer Bonnie Maurizio
Barbara Reboratti
Karen Lavery Linda Ervins

Chapter Librarian

Donna Hesse
Theresa Sitko

Email - Telephone Friends

Barb Reboratti - daughter, Allison
death-- result of crime
victim.advocate@verizon.net

215-538-0941
Darlene Dusza - daughter, Michelle
death-- result of auto accident
nanadusza@verizon.net

215-536-0173
Jennifer Emberger sibling, Jason
death -- suicide
dance140@hotmail.com

215-828-3810
Crystal Hunter-sibling, Justin
death - medical condition
crys.hunter@gmail.com

614-746-8076 (sibling contact person)

Melissa Fisher- sibling, Jon
death-- result of medical condition/care
melissa2539@gmail.com

215-880-4148
Donna Hesse - daughter, Kisha
death -- result of auto accident
dmhesse150@yahoo.com

Anne and Craig Landis - son, Marc
death - result of suicide
215-536-5143

Collection of Redners Save-A-Tape program

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

PRINTER INK CARTRIDGES

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

Other TCF support group meetings and children support groups etc:

Lehigh Valley Group meets the 2nd Monday of each month on the 2nd floor of Sacred Heart Hospital on Chew St. at 4th St. in Allentown PA at 7 PM Contact: 610-462-1892

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

Ryan's Tree for Grieving Children, Inc. located in Lehigh Valley, PA, Support for **children ages 5-18** who are grieving the loss of a family member or friend. - Is currently not offering services contact St. Luke's Hospice at 610-997-7120 or Krista.Malone@sluhn.org.

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

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

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

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

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

THANK YOU

Thank you to Donna Hesse and Darlene Dusza, for providing our October refreshments. They do this in remembrance of their children, Donna (Kisha) and Darlene (Michelle)

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, Ginny Leigh-Manuell, 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), son, Brian (Ginny), 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.

Rebecca Scheck, In Loving Memory of her daughter, Jaime Scheck, Nov 17 - Nov 8

The only one that will ever hear my heart from the inside

Donna Hesse. In Loving Memory of her daughter, Kisha Hesse, Oct 8 - Aug 21

Happy Birthday in Heaven Kisha...

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

Missing you each and every day...



Mark & Debbie Heuckeroth, In Loving Memory of their son, Jason Scott Heuckeroth, Mar 28 - Jan 9

We Love & Miss you, every day, every day...

Darlene & Steve Dusza, In Loving Memory of their daughter, Michelle Dena Dusza, Jun7 - Oct 6

With all of our Love...missing you each & every day...

Self-help Program

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

To Our New Members

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

To our Members who are further down the "GRIEF ROAD"

We need your encouragement and your support. Each meeting we have new parents. THINK BACK -- what would it have been like for you at your first meeting if there had not been any TCF "veterans" to welcome you, share your grief, encourage you and tell you, "your pain will not always be this bad, it really does get better!"

Information Regarding Our Meetings

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

Support Group Meetings

We are so sorry for the cause that brings us together. It takes courage to attend a Compassionate Friends support group meeting. We understand how it feels to walk into a room of strangers and share personal feelings, especially when you are in so much pain. At your first meeting, we hope you find care, support, understanding and a group of friends to share with. Truly, there are no strangers among compassionate friends. As a reminder to families that would like to attend a support meeting. Please allow yourself at least 3 or 4 meetings of attendance to determine if they are for you. It may take a few meetings before you are able to talk about your loved one and that is understandable. What you say at our meetings is kept in the meeting, you can cry, hug, talk about how you are feeling freely. Our meetings are for parents, grandparents and siblings in grade 9 or above and adult siblings.

Your Friends at TCF Quakertown Chapter

Heaven's Recipes

This is open to everyone - PLEASE send in recipes

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

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

tcfquakertownchapter@verizon.net or mail to:

Compassionate Friends - Quakertown Chapter

Att: Cookbook

PO Box 1013

Quakertown PA 18951

Nominations for Chapter officers are taking place now. If anyone is interested in running for a position please contact Darlene Dusza.

**tcfquakertownchapter@verizon.net or
215-536-0173**

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.

To My Little One by Ethel Romig Fuller

I, your guiding star? Ah, no.
You, the light by which I go-
The candle with the bright, small wick,
Whereof I am the candlestick.
In His wisdom, One once said,
"By a child you shall be led."
(I had no way of knowing how
Beautiful this truth, till now.)
O precious little beacon, burn
Along my course, until I learn
In all humility to be
Splendid as your faith in me.

Memories ...



Hugs From Heaven by Charlotte Anselmo

When you feel a gentle breeze
Caress you when you sigh
It's a hug sent from Heaven
From a loved one way up high.

If a soft and tender raindrop
Lands upon your nose
They've added a small kiss
As fragile as a rose.

If a song you hear fills you
With a feeling of sweet love
It's a hug sent from Heaven
From someone special up above.

If you awaken in the morning
To a bluebird's chirping song
It's music sent from Heaven
To cheer you all day long.

If tiny little snowflakes
Land upon your face
It's a hug sent from Heaven
Trimmed with Angel lace.

So keep the joy in your heart
If you're lonely my dear friend
Hugs that are sent from Heaven
A broken heart will mend.

<http://www.bereavement-poems-articles.com>



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.

<http://www.bereavement-poems-articles.com>



**The Compassionate Friends-Quakertown Chapter
11th Annual Worldwide Childrens
Memorial Candle Lighting**

Date: Sunday, December 8, 2013

Time: 6:30 PM

**Place: First United Church of Christ, 151 S. 4th St
(corner of Park Ave & 4th St) Quakertown PA 18951**

*****return section below*****

Contact: 215-536-0173 to leave message OR
email: tcfquakertownchapter@verizon.net or register online at our
website www.tcfquakertownpa.org

bring a dry staple or canned good for the food pantry

____ We would like our child / sibling remembered at the candle
lighting

Name of child / sibling being remembered: Please print clearly

Your Name, Address, Phone #, email

Phone #

Email _____

Photos to be included in the slide show **must be submitted by October**

31st. Photos sent after may not be included in the slide show. Photos
must be an original in a 4 x 6 or larger size individual shots preferred.

We will scan the original and return to you. Please include a self
addressed stamped sturdy envelope to mail back, pick up at a meeting or

the night of the candle lighting. OR email photo as a jpeg in a 300

resolution to: tcfquakertownchapter@verizon.net

You may submit photos via our website registration also.

____ We will be attending

____ Number of guests (include family, relatives, friends)

____ We will NOT be attending (please remember our child/sibling)

____ We would like to provide a finger food refreshment to share

There is no cost for the program - Love gifts are accepted

RSVP: by November 25th

Return to : Compassionate Friends-Quakertown Chapter

PO Box 1013 Quakertown PA 18951

Indications for Complicated Grief in a Teenager

By Tom McLeod

Grief can become complicated for a number of reasons for a teenager who experiences the death of someone close to him or her.

A violent death almost always calls for the assistance of a family-oriented mental health professional. In addition, if any of the signs of normal grief outlined below are exaggerated, then the help of a healthcare professional, social worker or counselor may be needed.

Examples of complicated grief in a teen include:

- *Nightmares or insomnia, when they are significantly disruptive to sleep for more than 10 days.
- *Loss of appetite, when it is significant and lasts more than a week.
- *Inability to socialize with others or self-isolation, when it lasts more than 10 days.
- *Inability to get out of bed, when it lasts more than 10 days.
- *Abandonment of good grooming and self-care in a normally neat and well-groomed teen, when it lasts for more than 10 days.

Immediate help should be sought if there is:

- *Extreme inappropriate and aggressive behavior that is dangerous to self or others.
- *Death threats to others.
- *Hints at suicidal behavior, such as giving away valued personal possessions or clothing; a preoccupation with suicidal themes in the news, movies, music or literature; and/or using such expressions as "I just want to kill myself."

These indicators can be a sign of real trouble for the teen and his or her immediate family, friends and associates. These indicators may be no more than a cry for help—but it is a cry that must be answered within 24 hours or less. Give the teen the suicide/crisis hotline number in your area. Contact the teen's physician or school counselor for a mental health referral in your area. Ensure that your teen is safe before you leave him or her alone.

<http://www.bereavement-poems-articles.com>



Healing From Life's Losses

An Interactive Workshop

Elizabeth Horwin (facilitator)

The opposite of love is fear. Why do people fear death? What is death? What do we need to understand to help us get past the fear of death and dying? These and many more questions will be addressed in this interactive one-day workshop based on the recently published book, "Love Never Dies," by Elizabeth Horwin.

This workshop provides unique insights into birth, death and loss in life and in relationships. It will assist attendees in identifying, challenging and changing (if appropriate) their beliefs regarding death, the dying process, losses in life and in relationships. Learn strategies and techniques that will assist in: dealing with the fear of death; navigating through the stages of loss; understanding relationships and their purpose; begin and complete the healing process; and raise consciousness and awareness to the shift and impact in the way they now relate to life.

Elizabeth is a PA Licensed Professional Counselor. She holds National Certifications as a Rehabilitation Counselor, Disability Management Specialist, Case Manager and is certified by The Weiss Institute as a Past Life Regression Therapist. She is also the bereaved mother of an only child.

This workshop will be offered six times.

Available Dates:

Thursday, Nov.14, Saturday, Nov. 16

Thursday, Dec. 5, Saturday, Dec. 7

Thursday, Jan.16, 2014, Saturday, Jan.18, 2014

Time: 10 am - 3:30 pm

Place: 180 Providence Lane, Lansdale, PA 19446

Cost: \$150 includes lunch and snacks.

To register and for more information go to:

www.elizabethhorwin.com

Call 215-412-9043

Or email bethhorwin@comcast.com

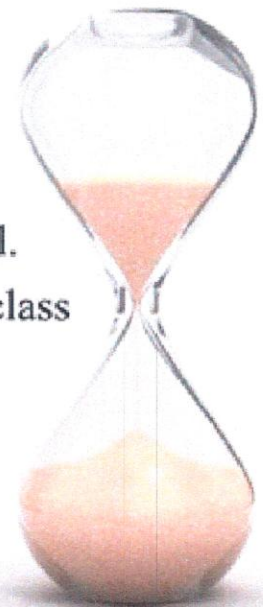
[Each workshop limited to 12 participants]

Our time
on earth is a school.
Grief is the toughest class
we have to take.

-author unknown



**THE
COMPASSIONATE
FRIENDS**
Supporting Family After a Child Dies



Holidays of Sadness by Brigitte Synesael

When you have lost someone very dear to you, the most difficult obstacle to cross is getting through the holidays. Surviving the days where everyone around you is celebrating and spreading good cheer, while your mind is filled with memories and your heart is heavy with loneliness. It's difficult just making it through what used to be the happiest days that were once shared with a soul mate, and today carries only emptiness. The greatest challenge is to remain in the company of others who love you, when you really want to be alone with your sadness.

It makes no difference whether the loss took place last week, several months ago, or even last year. The holidays always send those deep emotions flooding right to the surface.

Just as how you deal with grief is personal and individual, so is the way you handle the holidays. Remember to be true to yourself, and don't take on too much responsibility. Let people know that your plans may be subject to change, and you can't make long term commitments just yet. Be honest with yourself and with your friends and family about how you're feeling.

Some people find it best to start new traditions, because the past ones hold memories too difficult to deal with. Talk with your family about setting expectations. Plan together any modifications you will all make to the "normal" holiday festivities. You may want to have a church service dedicated to the memory of your loved one. Or make an annual donation in his/her name. Perhaps join the Hospice Tree Lighting ceremony. Bring joy to another child by purchasing a special toy for the Angel Tree in memory of your child.

It's a great idea, for both you and your family, for you to write a letter to them asking for their understanding. There is a terrific example of this at the following Web Site:

<http://www.geocities.com/Heartland/Woods/4671/holidays.html>. I encourage you to take a look at it.

Be honest about how you're feeling, but when ever possible, try to include a positive twist into your thoughts. Instead of :

"I miss my beloved so much, there is no Christmas without him/her."

try

"I do miss my beloved. Christmas will be different this year, but I will try to enjoy it."

Instead of:

"I HATE this time of year. I can't wait until it's over."

try

"This is a difficult time of year for me. But it does give me an opportunity to become closer to my family and friends."

Some people heal best by helping others. Try volunteering at an organization who help people with a greater need than yours. i.e. A soup kitchen, a homeless shelter, orphanages, etc. Often the best therapy is helping others. Aside from the obvious benefits of keeping your mind occupied and seeing that there are others in worse situations than yourself, charity work gives you a tremendous feeling of fulfillment. It can give you a renewed sense of purpose, so important during times of sadness.

Above all else, give yourself permission to enjoy yourself, to laugh, and to find peace. Each of these things are part of healing. Your life will never be the same, but it will go on, and it can still be good. I want you to close your eyes for just a moment. Bring into the room with you the clearest image of the person that you have lost. Now say "I love you and I miss you. You will always be in my heart. I need to know... is it okay for me to be happy again?"

Now, imagine the answer that you receive. If you remember your loved one in their true light, I'm confident the answer will be YES.

Find peace over the holidays, and be good to you.

<http://www.bereavement-poems-articles.com>

Do Not Stand At My Grave And Weep

In those quiet moments in the still of the night

Remember to rejoice and celebrate life

Do not think of me gone and weep

I am not there, I do not sleep

I am a thousand winds that blow

I am the diamond glints on snow

I am the sunlight on the grain

I am the gentle autumn's rain

When you awaken in the morning hush

I am the swift uplifting rush

of quiet birds in flight

I am the soft stars that shine

You will hear my gentle voice

and remember to rejoice

Never give up your fight

and remember always

to Celebrate Life....

---- Author Unknown



**OUR CHILDREN REMEMBERED FOR
NOVEMBER Birthdays and Always**

- Arthur "AJ" Prutzman**, son of BonnieJo Booz-Prutzman, brother of Janice and Justen Horn, 11/1
- Richard Carver**, brother of Carla Clark, 11/2
- Samuel Hornberger**, grandson of Eleanor Morrow, birth/death 11/3
- Alaina Ratcliffe**, infant daughter of Andrea & Adam Ratcliffe, birth/death 11/3
- Dwayne Hager**, son of Stan and Ruth Hager Jr, 11/5
- Jake Paternoster**, son of Mike and Ruth Paternoster, 11/6
- Jon Masso**, son of Claudia and Emamuel Utti, brother of Melissa Fisher, 11/7
- Lisette Martin**, infant daughter of Amanda & Luke Martin & granddaughter of Evelyn & Nelson Martin Jr., 11/12
- Andrew Slot**, son of Pieter & Becky Slot, B 11/13 - A 11/22
- Benjamin Albro**, son of Sherri & Bob Albro, 11/14
- James P Ryer**, son of Diana Adams and brother of Pat Ryer, 11/15
- Melinda Daniel**, daughter of Bob and Jacqueline Daniel and family, 11/16
- Michael Macko**, brother of Mary Anne Macko, 11/18
- Adam Graham**, son of Albert and Carol Graham and family, 11/19
- Cynthia Cole**, daughter of Marie & Hugh Madden, 11/19
- Joe Bello Jr.**, son of Gloria Bello and brother of Sharon Kronmiller & Lisa Devenney, 11/24
- Richard "Drew" Panettieri**, son of Richard and Suzanne Panettieri, 11/27
- Susan Sine**, daughter of Dorothy and Lynn Miller, 11/27
- Chad Statuti**, son of Henry and Shirley Statuti, 11/28
- Anthony DelConte**, son of John and Marie DelConte, brother of Dana Turock 11/29



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

- Deborah Hornberger**, daughter of Eleanor Morrow, 11/3
- Christopher Rhudy**, son of Beth Ruch, 11/4
- Rebecca Yeager**, daughter of David and Nancy Yeager, 11/5
- Alison Gilmore**, daughter of Susan Slawek, 11/7
- Jaime Scheck**, daughter of Rebecca & Ed Scheck, B11/17 - A 11/8
- Adrian Conrad**, infant grandson of Pamela Anderson & Barbara & Ronald Borolla Sr, 11/10
- Donald Dolan Jr**, son of Don & Tina Dolan, 11/10
- Destani Danae Osborne**, daughter of Sabrina Snyder, grand daughter of Mary Snyder, 11/12
- Tia Conn**, daughter of Kathy and Robert Smith, 11/12
- Jennifer Church**, daughter of Joy Church, 11/12
- Kimberlee Godshall**, daughter of Terry and Fairlie Godshall, 11/13
- Brian Russo**, son of Patty Stefani, 11/16
- Erika Thomas**, daughter of Thomas & Peggy Delpopolo, 11/17
- Jeffrey Harbison**, son of Don and Joanne Harbison, grandson of Julie Harbison, 11/17
- Kevin O'Donnell**, son of Doris & Steve Yurchak, 11/17
- Marc Landis**, son of Craig and Anne Landis, 11/19
- Julie Howe**, daughter of Tim and Nancy Howe, sister of Melanie, 11/19
- Jenny Bender**, daughter of Clarke and Dawn Fulton, 11/21
- Holly Berry**, daughter of Huynh & Colleen Berry, grand daughter of Tom & Suzanne Berry, 11/21
- Christopher Accardi**, son of Anthony and MaryEllen Accardi, 11/22
- Jeffrey Broxteman**, son of Roger and Janet Broxteman, 11/22
- Lynn Jones**, sister of Herb and Bonita Nicolo, 11/22
- Matt Cardinal**, son of Lynn Cardinal, brother of Mike Cardinal, 11/24
- Matthew Lincul**, son of Linda and Ed Lincul, 11/27
- James Bowen III**, son of James and Cartherine Bowen Jr., 11/27
- Stephen Fuhrmeister**, son of Lisa Fuhrmeister, nephew of Renee Hudoka, 11/27
- Jason Miller**, son of Phil and Pam Miller, 11/28
- Pamela Minnichbach**, daughter of Dolly & Paul Cell, sister of Paul & Lauren Cell, 11/28
- Samantha Grosse**, daughter of Jeff and Hope Grosse, 11/30
- Samantha Hoy**, daughter of Jon and Jeanette Hoy, 11/30
- Christopher Detweiler**, son of Vern & Jean Detweiler, 11/30

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

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



November 12, 2013 -- 7:30 PM - guest speaker, Beth Horwin, grief consoler

Topic: Learn how you can survive the holidays

November 19, 2013 -- 7 PM steering committee meeting at Quakertown Family Diner

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

December 10, 2013 -- 7:30 PM - general 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, November 12, 2013

November 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